

IT'S HAMILTON'S TIME TO GET HEALTHY

It's time to

HALT THE SALT

and lower your blood pressure and risk of heart attack and stroke.



Beware of Salt...Too much salt is dangerous.

The average Canadian eats twice as much salt as they should. Just 1 extra tsp of salt per day can increase risk of heart attack and stroke by 23%.

80% of the salt in our diets comes from packaged, processed and store-bought food, and from restaurant meals, particularly fast food.



How much sodium should you have?

Healthy adults should have a maximum of 2,300 mg of sodium each day, about 1 tsp of salt, according to current nutrition recommendations*.



1 slice of pizza contains over half of your daily salt requirement.

**Ask your doctor, pharmacist or dietician
how you can HALT THE SALT.**

It's Hamilton's Time to Get Healthy...sponsored by:
Hamilton Academy of Medicine, Hamilton Pharmacists Association, Hamilton Family Health Team, Hamilton Public Health

*Health Canada and the Heart and Stroke Foundation. For more information, visit the following websites: www.Heartandstroke.ca, www.Sodium101.ca