Remember, Low Salt But Iodized

Technological processing or preservation treatments often require salt to be added to naturally low-sodium food. Read always the food labels to be aware on how much salt you and your family eat every day.

N.B.: The terms used to indicate the presence of added salt are: sodium (or Na), sodium chloride, monosodium phosphate, sodium glutamate, sodium benzoate, sodium citrate.

www.sinu.it
www.worldactiononsalt.com
www.menosalepiusalute.it