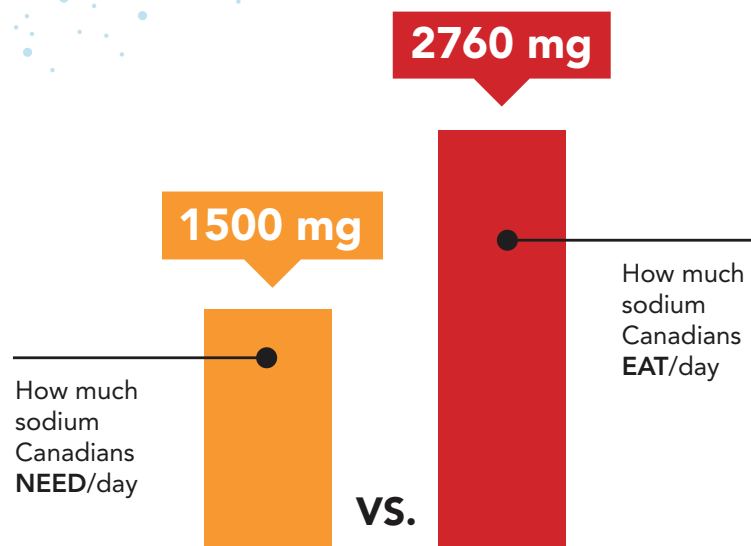




A *salty* Situation



That's almost **2x** the sodium we need.¹

3  **OUT OF 5**

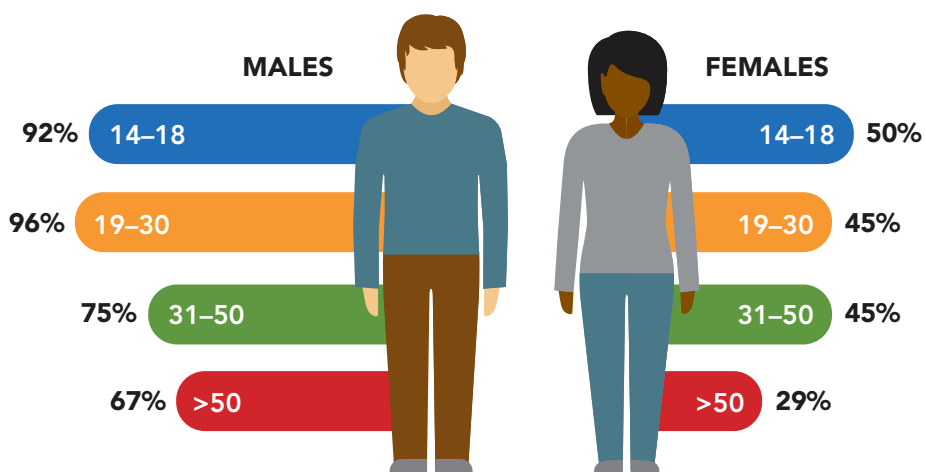
CANADIANS EAT

TOO MUCH SODIUM¹

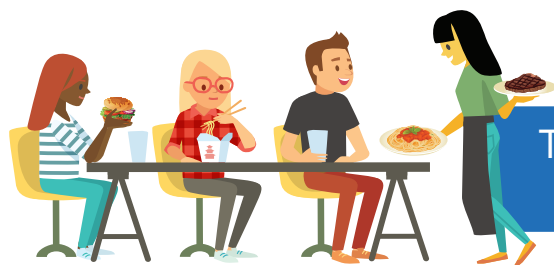


Too much sodium can cause **high blood pressure** and lead to **HEART DISEASE** and **STROKE**.²

Percentage (%) of Canadian population eating **too much sodium**:¹



TOP 6 sources of **SODIUM** in our diet:¹



The average **restaurant** meal item contains **1 DAY'S WORTH** of the recommended intake of sodium.³

¹ Sodium Intake of Canadians in 2017 (July 2018). www.canada.ca/en/health-canada/services/publications/food-nutrition/sodium-intake-canadians-2017.html

² Sodium Reduction Strategy for Canada (July 2010). www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/sodium/related-information/reduction-strategy/recommendations-sodium-working-group.html

³ Scourboutakos, MJ., L'Abbé, MR. (2013). Sodium Levels in Canadian fast-food and sit-down restaurants. *Can J Public Health*. 104(1):e2-e8.

Learn how **HEALTH CANADA** is committed to reducing **sodium** in processed foods
www.canada.ca/healthy-eating-strategy