



The **Eat Right** Movement

#AajSeThodaKam

Namak Kam



Salt is the main source of sodium in our diet. High sodium is a risk factor for high blood pressure, which leads to heart problems. The average Indian consumes nearly double the recommended amount of salt everyday.

Thoda Kam - **Simple tips**

1. Gradually reduce the use of salt in your daily diet.
2. Track & monitor the consumption of salt at home– buy & use only a fixed quantity every month.
3. Do not add salt to rice or to atta while cooking chapattis.
4. Avoid sprinkling salt on salad, cut fruits, curd and even cooked food.
5. Enjoy, in moderate quantities, foods such as papads, pickles, sauces, ketchups, salted biscuits, etc. that are high in sodium.
6. Limit intake of foods described as pickled, brined, barbecued, cured or smoked as they tend to be high in sodium.
7. Switch from salted namkeens and snacks to fresh fruits and vegetables.
8. Drink plenty of water everyday to flush out toxins and excess of sodium from the body.
9. Eat fruits and vegetables, which are rich in potassium, to neutralize the effect of sodium in the body

