



If you use blood pressure medication you need to consult a dietician at least once!

Take the following test to evaluate your salt intake:	Yes = 1	No = 0
Do you eat take-away's / out more than twice per week?		
Do you eat fast convenient ready prepared food that can be heated in the microwave quickly more than twice per week?		
Do you eat tinned foods often?		
Do you put salt over your plate of food even before tasting out of habit?		
Do you often snack on salted nuts, biltong, salted crackers, peanuts or chips, especially over weekends and in front of the tv?		
Do you keep processed meats like poloni, ham, viennas, russians, cold meats and smoked chicken in the fridge?		
Do you like cheese and would eat it with anything?		
Do you use soup powders and spice mixes daily to cook with?		
Do you eat less than 5 vegetables and fruits daily?		

What does it mean??

Score: 0-2 good!

Score: 3-5 caution, you are eating too much salt!

Score: 6-9 You are consuming far too much salt!!!

It is difficult to make lifestyle changes, but with professional help, it might just be easier than you think!