health implications of too much salt
understand that experts disagree about the risks associated with eating too much salt

Healthy Diet :
- Carbs (include sugars)
- Veg and fruit
- Natural fats and sugars
- Dairy
- Protein
- Vitamins and minerals
- Water

**THE HEALTHY EATING PYRAMID**

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Salt in the Diet (Mineral)
* Salts change the blood pressure -> Blockage of the blood flow - Eg. Stroke (Brain) / Heart attack (Heart)
* Kidney failure - excess salt from the blood - too much damages the kidney
* Too little and risk of strokes again