

C3 L4 : Salt In The Diet

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health implications of too much salt

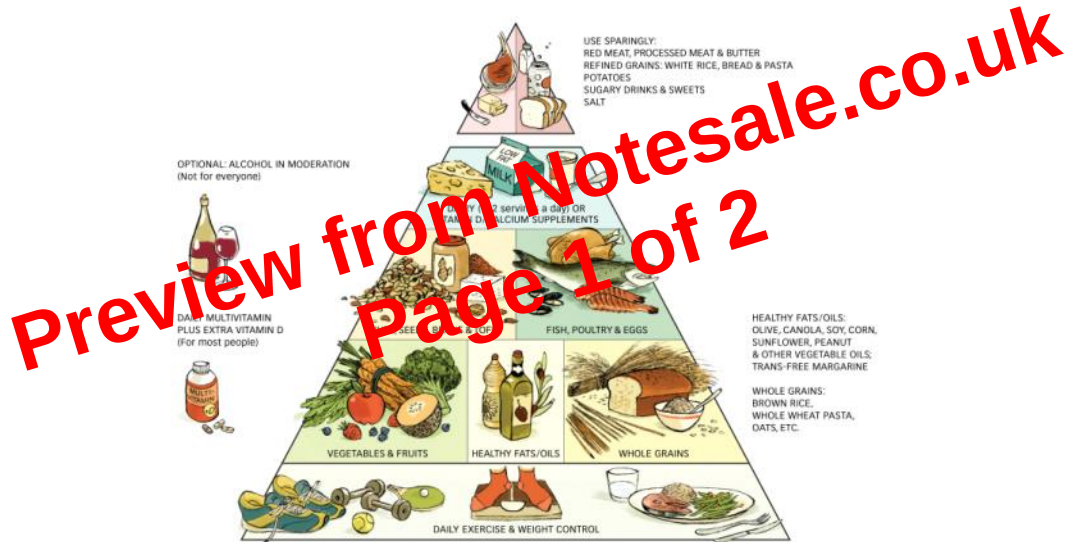
understand that experts disagree about the risks associated with eating too much salt

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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All in moderation

SALT IN 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