

# Learn About Salt



Your body needs salt, but only a little bit.

- Salt makes sure your body has enough water
- It helps your body to work normally
- It can help when you have a wound or muscle cramps

Too much salt isn't good for you.

- Too much salt can be bad for the kidneys
- It can also give you high blood pressure and cause problems with your heart



## What should you do?

- Taste your food before adding salt
- Try to eat home-cooked foods, not fast foods
- Drink enough water
- Use lemon, garlic or spices when you cook, and only a little bit of salt
- Eat fruit and vegetables, rather than salty snacks



## Ask for help

It's important to eat salt, but not too much. If you think you have too much salt, ask your doctor or clinic to help you to make changes to what you eat.



Toll-free:  
Request a call back: \*134\*905#  
Get in touch online: <http://app.lyrawellbeing.health/>  
Your company code:

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