

找出鹽疑犯

Look out for the Hidden Salt



世界衛生組織建議：
The World Health Organization's
recommendation:

成人每日鈉攝取量
Daily sodium
Intake for Adult

< 2000 毫克
mg

大概少於一平茶匙鹽
Less than a teaspoon of salt

減少鈉(鹽)的攝取量有助減低患上
以下疾病的風險：

Reduction of sodium (salt) intake helps
lower the risk of developing the following
illnesses:



本地成年人口鈉(鹽)攝入量及建議攝取量
Sodium (salt) consumption and recommended
sodium intake for adult population

