**Vitality’s top five tips to reduce salt intake**

Eating patterns with a high salt content increase blood pressure and are linked to cardiovascular disease and stroke, both prevalent across the globe. **According to the World Health Organization, an estimated 2.5 million deaths could be prevented each year if global salt consumption were reduced to the recommended level.**

Read Vitality’s five top tips to reduce salt intake:

1. Swap breakfast cereals for rolled oats.
2. Select bread carefully: compare sodium levels per 100g and choose the bread with the lowest in sodium (salt).
3. Reduce processed foods of any kind. Processed meats like sausages, viennas, pepperoni, beef jerky and deli or sandwich meats are high in salt.
4. Cook food from scratch and choose loads of vegetables, whole grains like brown rice, barley, or quinoa, healthy protein foods like legumes (beans, chickpeas, and lentils), fresh, skinless poultry and eggs, and fresh or frozen fish or seafood with no marinade or seasoning. Choose healthy fats like olive or canola oil, avocado, and unsalted, plain nuts and seeds.
5. Make your own lower-salt broth and stock with fresh vegetables and herbs – soups, and stocks are often made with huge amounts of salt. Rather flavour food with unsalted fresh or dried herbs and spices, lemon juice, fresh garlic, fresh ginger, fresh chillies and plain, unsweetened yoghurt.