

Salt.

Trust the label

Not your taste buds

It doesn't have to

taste salty

to be high in

Salt.



One serve of pancakes and maple syrup contains more than a **third** of your maximum daily **salt intake**.

About **75%** of salt in our diets comes from processed foods. **It's hiding in a lot of the processed foods we eat** and even the most discerning tastebuds won't often be able to taste it.

That's why **Victorians are consuming 50% more** salt than the amount recommended.

Too much salt increases the risk of high blood pressure, a leading cause of death and disability in Victoria.

visit donttrustyourtastebuds.com.au