The **FACTS** about central Asian street food

Street food is a widely accessible and inexpensive source of food in central Asia. However, it can contain high levels of **SALT** and **TRANS FATS**, which increase the risk of cardiovascular disease.

- **An average-sized bowl of soup from a Tajik market contains 125% of the WHO-recommended maximum intake of SALT.**
- **A typical wafer from a Kyrgyz market contains 170% of the WHO-recommended maximum intake of TRANS FATS.**

- Eating too much salt causes high blood pressure, stroke and kidney disease.
- Eating trans fats increases the risk of coronary heart disease.

**What can be done to make street food healthier?**

- Introduce laws that limit salt and trans fats in food production.
- Eliminate the use of industrial trans fats in food production.
- Inform consumers about the risk of eating food high in salt and trans fats.
- Promote continued access to fruit and vegetables at street markets.

[www.euro.who.int/nutrition](http://www.euro.who.int/nutrition)