HOW MUCH SALT DO MOLDOVANS EAT?

IN THE REPUBLIC OF MOLDOVA THE AVERAGE CONSUMPTION OF SALT IS TWICE AS HIGH AS THE RECOMMENDED LEVEL OF INTAKE.

RECOMMENDED INTAKE: NO MORE THAN 5 G OF SALT PER DAY

IN THE REPUBLIC OF MOLDOVA AN ADULT HAS AN AVERAGE INTAKE OF 10.8 G OF SALT PER DAY

RURAL AREA: 11.3 g/day

URBAN AREA: 10.0 g/day

People from rural areas tend to add more salt to food while cooking and also eat foods with higher salt content (like pickled vegetables, salty cheese and bread) more frequently.

http://www.euro.who.int/nutrition
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