BREAD IS THE SINGLE LARGEST CONTRIBUTOR OF SALT IN THE DIET

100 g bread = 1.85 g salt

37% of the recommended daily intake

54.4% of the population eats bread 2-3 times a day

A person eats 333 g/day

By eating this product, an adult consumes 5.5 g of salt.

In order to reduce the salt content in manufactured food, a legal framework on food reformulation needs to be developed and implemented.

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