

H E A L T H Y L I V I N G

KNOW YOUR SALT

We should consume less than 5g of salt per day.
Do you know how much salt is in your food?



CHICKEN
BRIYANI



FRENCH
FRIES



MAC &
CHEESE



NASI LEMAK
(WITH CHICKEN
WING)



MEE SOTO



CHICKEN
MACARONI SOUP



FISHBALL NOODLES
SOUP



LOR MEE

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(3.6 grams)
CHICKEN
BRIYANI



(0.7 grams)
FRENCH
FRIES



(3.2 grams)
MAC &
CHEESE



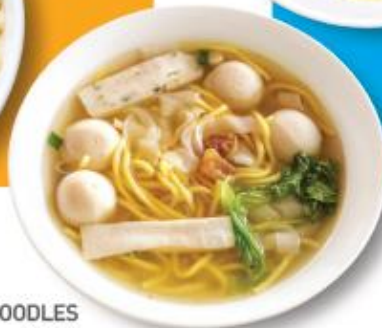
(3 grams)
NASI LEMAK
(WITH CHICKEN
WING)



(6.7 grams)
MEE SOTO



(4.3 grams)
CHICKEN
MACARONI SOUP



(9.5 grams)
FISHBALL NOODLES
SOUP



(6.3 grams)
LOR MEE

| Answer Sheet for 'Know Your Salt' | | |
|--|-------------------------|-----------------|
| Food | Serving Size (g) | Salt (g) |
| Chicken Briyani | 1 plate, 400g | 3.6 |
| French Fries | 107g | 0.7 |
| Mac & Cheese | 1 bowl, 341g | 3.2 |
| Nasi Lemak (with chicken wing) | 1 plate, 412g | 3 |
| Mee Soto | 1 bowl, 541g | 6.7 |
| Chicken Macaroni Soup | 1 bowl, 483g | 4.3 |
| Fishball Noodles Soup | 1 bowl, 775g | 9.5 |
| Lor Mee | 1 bowl, 540g | 6.3 |

***Remember to take less than 5g of salt daily
for an average adult Singaporean!***