

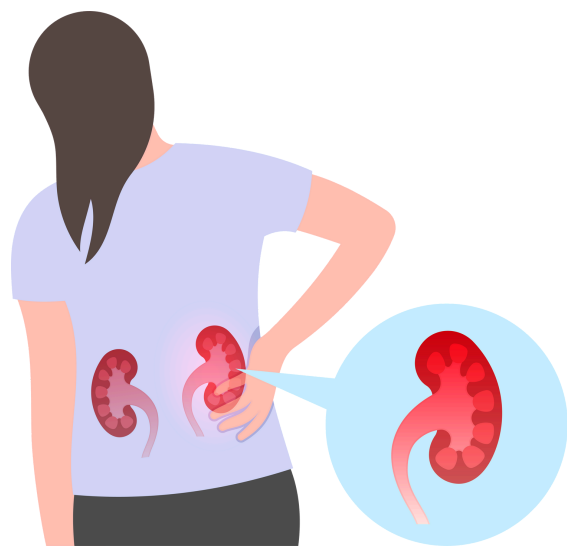
VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

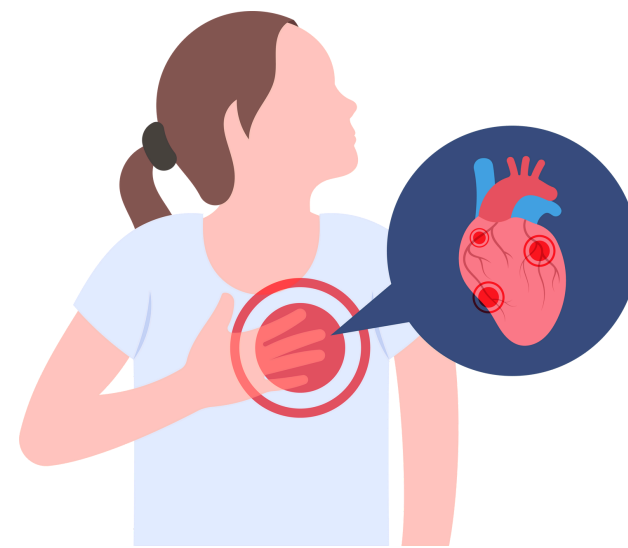
Added salt

Too much added salt can cause...

Kidney disease



Heart disease



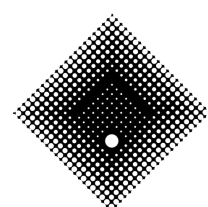
What foods have added salt?



Have less of these foods



contact Monica for more information monica.wellington@vu.edu.au



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Supporting People with an Intellectual
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