



Hidden Sodium – Presentation

Length: 1hr

Delivery modes: Onsite & Virtual Presentations; Pre-recorded tutorials.

Details: This one hour presentation takes a look at popular food choices with high levels of added salt. It analyzes the health impact of excessive salt intake. Solutions are shared on how to start making healthier consumption choices. Topics include:

- Analyse Food labels – sodium vs. hidden salt
- Daily foods with hidden salts
- Current reports on the health impacts of excessive salt
- Tips to support transition to a low salt diet

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.