

UNCOVERING HIDDEN SODIUM IN YOUR DIET

INTRODUCTION:

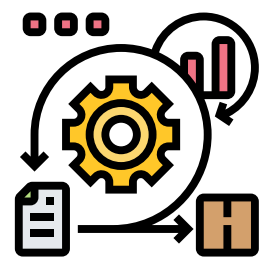
In this presentation, we will be discussing the topic of sodium and its impact on our health. Sodium is an essential nutrient, but a significant number of people consume more than the recommended daily amount.

We will explore the sources of hidden sodium in our diets and the negative effects it can have on our health.

We will also discuss the importance of reading nutrition labels and understanding the terms used on them to identify high-sodium foods, as well as practical tips for reducing sodium in your diet.

Content Outline:

- Understanding the role of sodium in the body and the dangers of excess intake
- Identifying sources of hidden sodium in your diet
- Strategies for reducing sodium intake, including reading labels and choosing low-sodium options
- Tips for incorporating low-sodium options into your meals
- The benefits of reducing sodium intake



Methodology:

This presentation will include a combination of lectures and interactive activities to engage attendees.

There will be opportunities for attendees to ask questions and share their own experiences and tips.

Conclusion:

By the end of this presentation, attendees will have a clearer picture of the role of sodium in their diet and its potential effects on their health. They will have learned about the hidden sources of sodium in our food and the recommended daily intake to maintain good health. They will also have been equipped with the tools to make better-informed choices about food products and how to reduce their sodium intake.

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

