

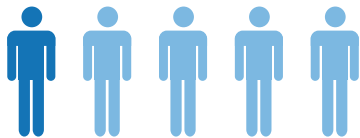


Do you usually add salt to your food on the plate?

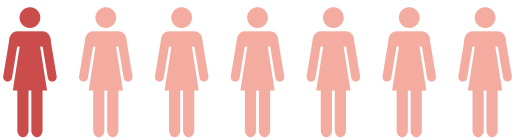
1.19 million portuguese (17.7%) have referred that yes, they add salt to their food on the plate.

The additional consumption of salt was more frequent ...

...in men,

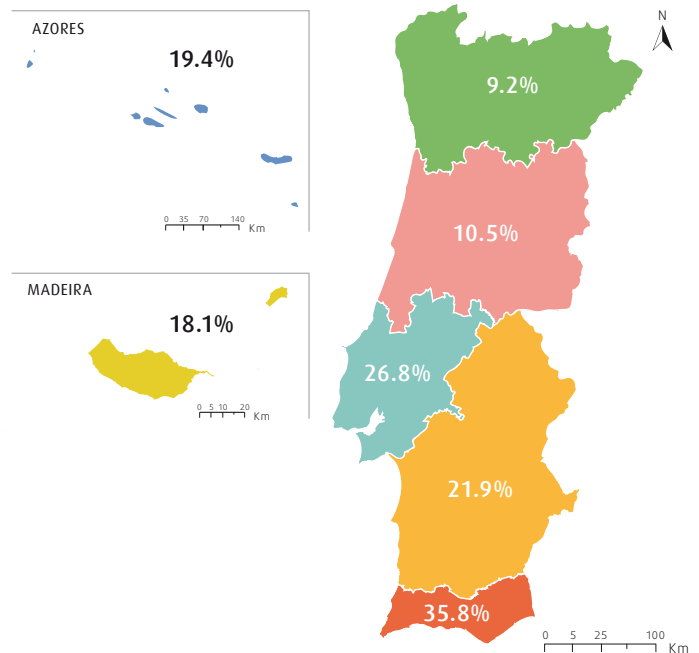


1 in 5 (20.9%)

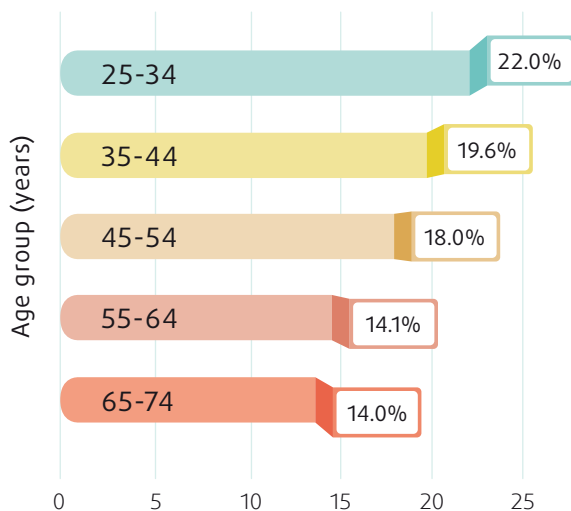


1 in 7 (14.8%)

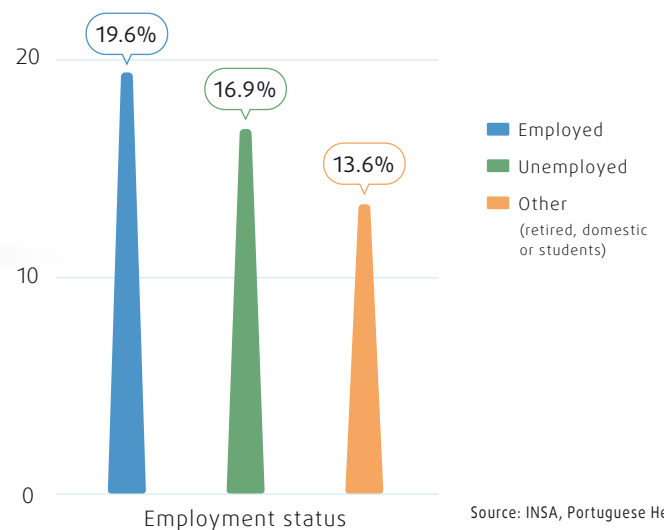
...in Algarve,



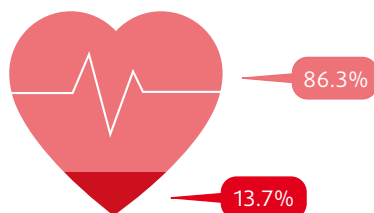
...in the age group 25-34 years,



...and among the employed persons.



13.7% of people diagnosed with hypertension reported adding salt to their food on the plate



Source: INSA, Portuguese Health Examination Survey 2015.

For more information:
www.insef.pt