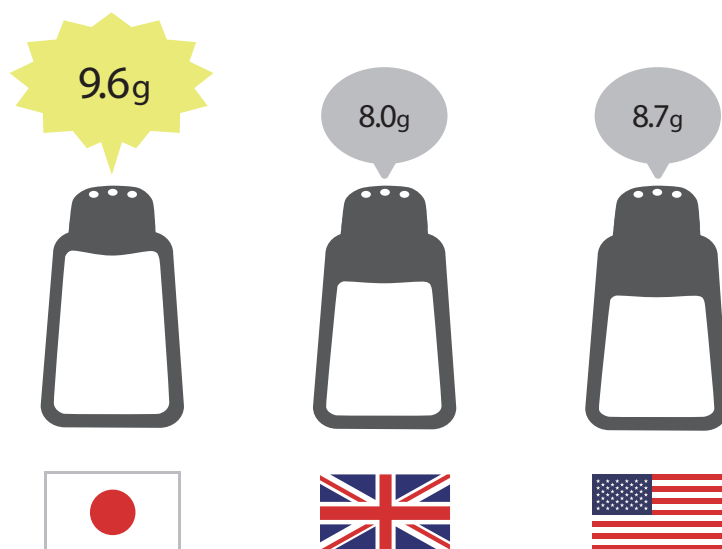


# Fact about Salt intake in Japan

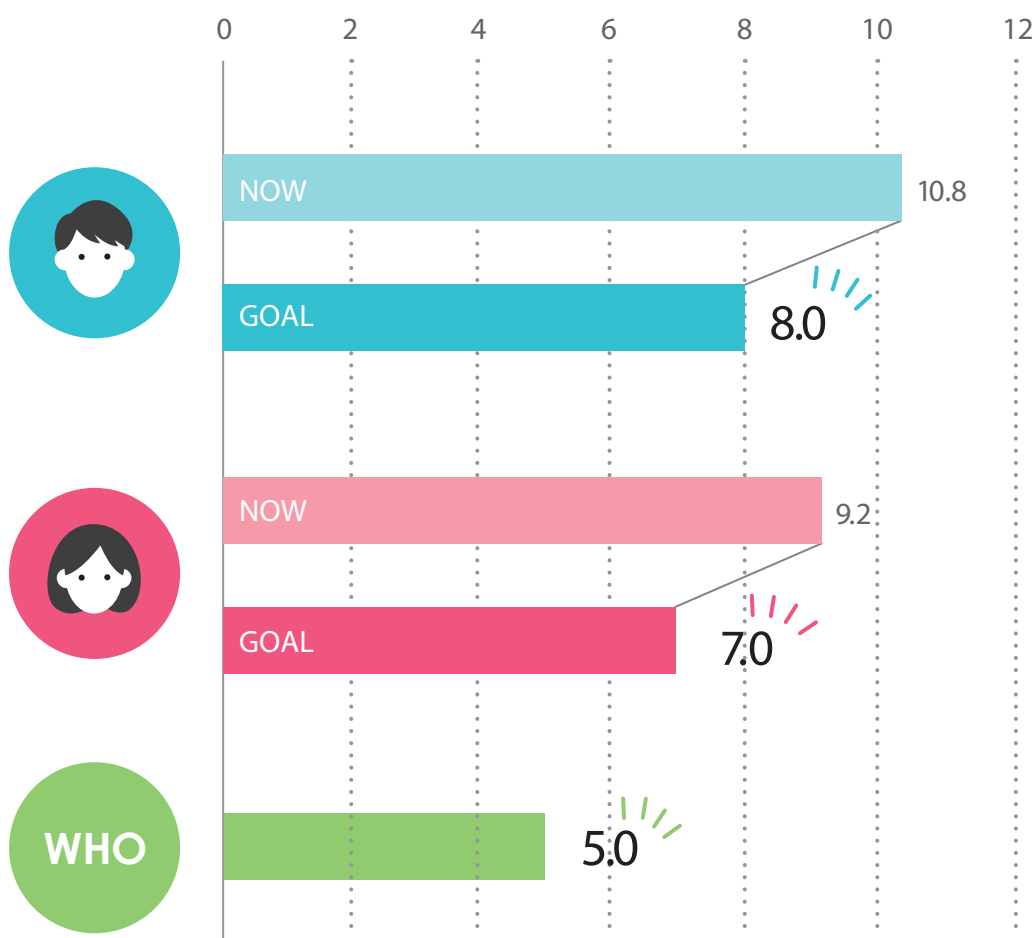
## Japanese salt intake is at high level

Japanese salt intake is approximately 10g/day. This means that our dietary salt intake exceeds that of many other countries.



Data source : National Health and Nutrition Survey, 2016 (Japan). National Diet and Nutrition Survey, 2014 (UK). National Health and Nutrition Examination Survey, 2013-2014 (USA).

## Target amount and current value of salt intake (g/day)

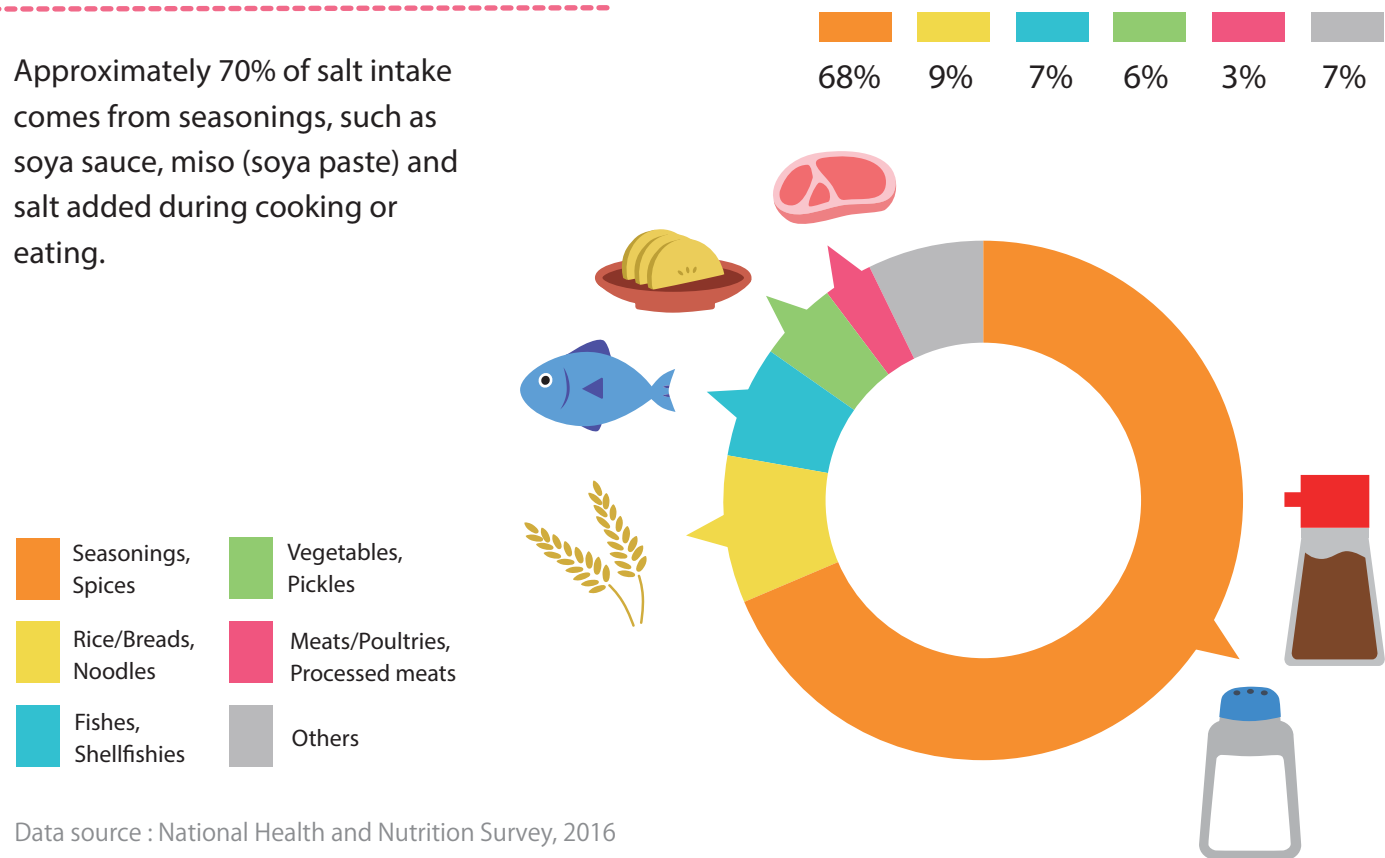


Data source : National Health and Nutrition Survey, 2016. Dietary Reference Intakes for Japanese, 2015. WHO Guideline: Sodium intake for adults and children, 2012.

# Why do we consume too much salt?

## Where does it come from?

Approximately 70% of salt intake comes from seasonings, such as soya sauce, miso (soya paste) and salt added during cooking or eating.



Data source : National Health and Nutrition Survey, 2016

## Difference in salt source between generation

