

The municipal administration of Montevideo began to control that 10% of menus are without salt. Those who failed can be fined more than U\$ 130 dollars one hundred and thirty dollars).

A group of nutritionists of the Health Division of the Municipality of Montevideo began to explore the different restaurants to inform about the new regulation that establishes that at least 10% of the menu of restaurants, bars and shops that sell food must be made with food without added salt

Likewise, the regulations establish the obligation that sellers and other elements of dressings with high sodium content cannot be on the table, nor are they received by users, unless requested by the client.

A clearly visible legend must be placed on the menu cards and on the internal signage of the premises: "Less salt, more life. Excessive consumption of sodium salt is detrimental to health".

The policy of combating salt consumption began 4 years ago with the ban on bars and restaurants to place salt shakers on their tables.

The provisions are consistent with the Global Plan of Action for the Prevention and Control of Noncommunicable Diseases 2013-2020, of the World Health Organization.

In my work on nutritional education I teach to enjoy the natural flavor of food. So that knowledge is easy to understand, I give graphic and simple advice.

The maximum recommended salt intake, per day, should not exceed the equivalent of a teaspoon of tea.

Not only is salt in the salt shaker, sodium is hidden in many processed products:

Sausages

Biscuits

Soy Sauces

Instant soup

Ready to eat meals

Cheeses

To discover the salt in a packaged product you have to read the sodium content indicated on the labels. It is always recommended to select products with the legend “without added salt

Eat fresh vegetables and fruits because they are low in sodium

Integrating fresh fruits and vegetables into our food routine is one of the best ways to eat unsalted or low-sodium foods. .

Do not put salt before trying the food

Just as we get used to the taste of salt, it is possible to get used to eating with less salt and learn to enjoy the real taste of food.

Using natural nutrients is healthier

To season the food we recommend ingredients such as:

Lemon

Onion

Oregano

Pepper

Cooking at home allows you to control the salt content we eat.

In addition to a good diet, it is recommended to perform at least thirty minutes of physical activity for five days a week. In this way we achieve an adequate quality of life to combat noncommunicable diseases.