

# Salt & Cardiovascular Risk

## Overview

### Call to Action:

This lesson reviews the link between salt intake and cardiovascular risk. It provides the push needed to break off the love affair with salt and embrace a healthier relationship.

- Eat better – pledge to reduce sodium.

## Lesson Resources

- Presentation PDF (English and Spanish)
- Presentation with Presenter Notes PDF (English and Spanish)
- Lesson Plan PDF (English and Spanish)
- Resource List PDF (English and Spanish)