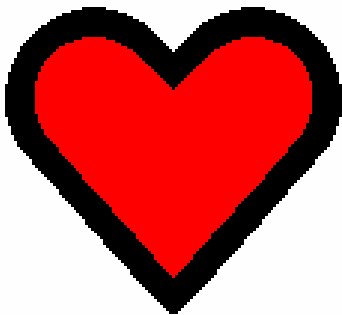# Salt and health

Too much salt can

cause high
blood pressure

increase the risk of
heart disease and
stroke

make you thirsty