Tuz kullanımında rekora koşuyoruz

Turkish Hypertension and Kidney Disease Association, in its research, found that on average, Turks consume 18 grams of salt per day, which is 6 grams more than the ideal amount. The findings of this research were published in the 10th National Hypertension and Kidney Disease Congress, which was held in Turkey.

SAIT, Turkey's main association for hypertension research, reported that 70% of the population consumes more salt than recommended. The findings were presented by Dr. Yücel Erdem, who also emphasized the importance of reducing salt intake.

"It is crucial to reduce salt intake for the prevention of high blood pressure and other health issues," Erdem said. "By reducing salt intake, we can prevent many health problems and improve our quality of life."