

Cool things to buy for \$21 billion

That's the annual health care costs and loss of productivity costs related to heart disease. The salt that we eat is a major contributor to heart disease.¹

1050 Big Community Centres²



OR

15,418 Small Community Centres each with a Lamborghini for transport³



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Sources:

1. Linda Piazza, Heart and Stroke Foundation, Ottawa.
2. Cost of Hamilton South Mountain Complex (\$19.3 million) - <http://www.aquicon.com>
3. Cost of East Hawkesbury Community Centre (\$989,940) - <http://thereview.ca/story/east-hawkesbury-welcomes-new-community-centre> and Lamborghini Murcielago (\$362,400) - <http://www.rsportscars.com>

SALT

One slice

1630 mg

of sodium...¹



1500 mg is
all a person
needs per day.²