

Call to prohibit sale of salty food

A WARWICK University professor is calling for the Government to stop food manufacturers selling salty junk food.

Francesco Cappuccio, professor of cardiovascular medicine and epidemiology at Warwick Medical School, is making the appeal after conducting 30 years of research into the diets of populations around the world.

Professor Cappuccio, who is also a World Health Organization adviser, said: "The Government can do something about this by discouraging manufacturers from producing cheap, salty food and distributors

from selling them. These are the types of foods consumed by those on lower incomes because they are inexpensive but ultimately they have a detrimental effect on your health."

National guidelines advise that adults should eat no more than 6g of salt a day which is approximately equivalent to one teaspoon and children should eat less.

Previous studies show that a 5g per day higher salt intake is associated with a 24 per cent higher risk of stroke.

Professor Cappuccio's latest study has been published in BMJ Open.