

The **FACTS** about central Asian street food

Street food is a widely accessible and inexpensive source of food in central Asia. However, it can contain high levels of **SALT** and **TRANS FATS**, which increase the risk of cardiovascular disease.

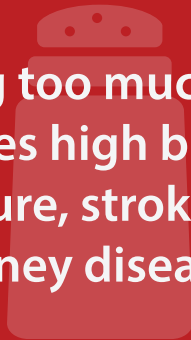
WHO recommends eating less than 1 teaspoon of salt per day and limiting trans fats

An average-sized bowl of soup from a Tajik market contains **125%** of the WHO-recommended maximum intake of

SALT

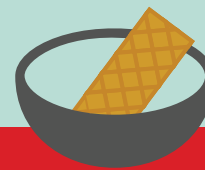


Eating too much salt causes high blood pressure, stroke and kidney disease.

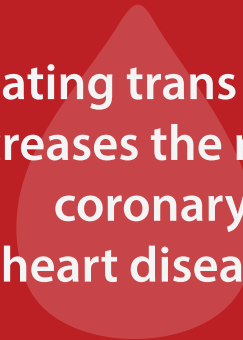


A typical wafer from a Kyrgyz market contains **170%** of the WHO-recommended maximum intake of

TRANS FATS



Eating trans fats increases the risk of coronary heart disease.



What can be done to make street food healthier?

- Introduce laws that limit salt and trans fats in food production.
- Eliminate the use of industrial trans fats in food production.
- Inform consumers about the risk of eating food high in salt and trans fats.
- Promote continued access to fruit and vegetables at street markets.