

Region	Average Daily Salt Intake	Primary Sodium Culprits
North India (Delhi)	14.1g/day	Butter, cream, heavy tadkas, pickles, paneer dishes
East India (Kolkata)	9.8g/day	Mustard-oil frying, salted fish preparations, muri
West India (Mumbai)	10.1g/day	Ghee, sugary accompaniments, farsan snacks
South India (Bangalore/Chennai)	9.4g/day	Salted chutneys, sambar salt, commercial pickles