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Salt is the main source of sodium in the diet and is important for good health. However, most people consume more sodium than they need for good health. Salt consumption has increased nowadays and most of the sodium we eat comes from processed foods. A cross-sectional study was carried out to evaluate the reported daily consumption of salt among Mauritian adults and to know their attitudes towards salt consumption and its recommended daily intake. The study was carried out among 300 respondents chosen at random, aged between 30 and 60 years old and consisted of both genders. A survey-based questionnaire was designed to carry out the investigation, and the results obtained were interpreted and analysed using the Statistical Packages for Social Sciences (SPSS 20.0). From the results obtained, it was found that 51.3 % of the respondents were aware of the local daily salt intake recommendation, and reported putting 1 teaspoon (5 grams) of salt, as per the recommendations, during their food preparation. However, another 27.4 % of respondents were unaware of the daily salt intake recommendation, and consumed much more. The food frequency questionnaire included in the survey revealed that the consumption of highly salted processed foods was high among the respondents. Therefore, the study demonstrates that nutrition education programmes need to be set up so as to raise awareness on the importance of salt in the diet. More particularly on its recommended daily intake for good health as well as on the risks associated with excessive intake.