

An example of text messages sent (translated from Persian)

Dear friend

Do you know that the first cause of death in our country is cardiovascular diseases?

If we want, we can prevent cardiovascular diseases.

Reduce salt consumption. Use grilled and low-fat foods instead of fatty and fried foods. Have two servings of fruits and vegetables in the daily diet. Instead of red meat, use chicken, fish and beans.

Wait for our next messages.