

Secrets of Sodium Quiz

1. Salt and sodium are the same thing.

- True
- False

2. Your body needs sodium to help with your:

- Nerves
- Muscles
- Circulatory system
- All of the above

3. Most sodium in a typical diet comes from:

- Processed foods
- Salt added at the table
- Salt added during cooking
- None of the above

4. Rinsing canned vegetables can lower sodium by as much as:

- 10%
- 40%
- 100%
- Does not lower sodium

5. High-salt diets have been linked to which health problem?

- High blood pressure
- Cystic fibrosis
- Breast cancer
- All of the above

1. FALSE. Salt is made up of sodium and chlorine (chemical name: "sodium chloride"). But there are other forms of sodium in food, including baking soda (sodium bicarbonate) and food additives, such as monosodium glutamate (MSG), sodium nitrite, and sodium benzoate. Any form of sodium adds to your intake, but salt makes up about 90% of the sodium you get.
2. ALL OF THE ABOVE. The human body needs some sodium to work right. Sodium helps control your blood pressure, blood volume, and the balance of other fluids in your body. It also helps with your nerves and muscles
3. PROCESSED FOODS. An estimated 75% of our daily sodium comes from processed or restaurant foods. Only 6% is from salt added at the table, about 5% comes from salt added during cooking, and natural sources contribute almost 12%. The easiest way to cut down on sodium is to eat more home-cooked meals made from fresh ingredients.
4. 40%. Rinsing canned vegetables can lower sodium by as much as 40%.
5. HIGH BLOOD PRESSURE. By far, the biggest health problem caused by a high-salt diet is high blood pressure. On average, the more salt you get, the more likely you are to have high blood pressure. High blood pressure raises your risk for stroke, kidney problems, heart failure, blindness, and heart attacks.

Quiz items adapted from <http://www.webmd.com/hypertension-high-blood-pressure/rm-quiz-test-salt-smarts>