

What's your sodium IQ?

Though sodium is an important mineral in your body, a diet that is high in sodium is one of several factors linked to high blood pressure, also known as hypertension. High Na^+ levels cause water retention, which results in increased blood pressure. Sodium is not the direct cause of all hypertension, but reducing sodium levels in the diet can affect individuals with a condition known as salt-sensitive hypertension. Therefore, the Dietary Guidelines for Americans recommend consuming salt and sodium in moderation. Test your knowledge about sodium in foods with the questions below.

- Which of the following condiments do you think has the lowest salt content?
a. mustard c. catsup e. vinegar
b. steak sauce d. pickles
- One-fourth of a teaspoon of salt contains about _____ of sodium.
a. 10 mg c. 500 mg e. 1 kg
b. 100 g d. 500 g
- According to FDA regulations for food product labels, a food labeled *salt-free* must contain less than _____ mg of sodium ion per serving.
a. 100 c. 0.001 e. 0.00005
b. 5 d. 0.005
- The Nutrition Facts label for a particular food reads "Sodium 15 mg." This is the amount of sodium ion per _____.
a. package c. serving e. RDA
b. teaspoon d. ounce
- The recommended average daily intake of sodium ion for adults is 2400 mg. For a low-sodium diet the intake should be _____.
a. 200 mg c. 750 mg e. 150 mg
b. 2000 mg d. 500 mg
- Each of the following ingredients can be found in the ingredients lists for some common food products. Which ones indicate that the product contains sodium?
a. trisodium phosphate d. sodium sulfate
b. sodium bicarbonate e. MSG
c. sodium benzoate f. baking soda
- Which of the following spices is NOT a salt substitute?
a. caraway seeds c. ginger
b. dill d. onion salt
- Most salt in the average American diet comes from salting foods too heavily at the dinner table.
a. true b. false
- Which of the following foods are high in sodium?
a. potato chips c. doughnuts e. figs
b. pizza d. banana
- Your body requires about 200 mg of sodium ion, or 500 mg of salt, per day. Why do these numbers differ?



Answers: 1. e; 2. c; 3. b; 4. c; 5. c; 6. all of them; 7. d; 8. b, processed foods can contain very high levels of sodium; 9. a, b, c; 10. Salt is not pure sodium.