

# Front Porch NEWS

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## POP QUIZ TIME: Test your salt savvy

Salt seems to always be in the news. Most reports say Americans are consuming too much of it. How much do you **REALLY** know about salt? Test your “**salt savvy**” with the following quiz.

Before you read further, you may wonder, what is the difference between salt and sodium? According to the Centers for Disease Control and Prevention...

- Sodium chloride is the chemical name for salt.
- The words salt and sodium are not exactly the same, yet these words are often used in place of each other. For example, the Nutritional Facts panel located on food products uses “sodium;” where as the front of the packaging may say “low salt.”
- Ninety percent of the sodium we consume is in the form of salt.

Pencils ready? Begin ...

- 1.) Dietary Guidelines for Americans in 2010 recommend people ages 51 and older reduce daily sodium intake to be less than (depending on age and other individual characteristics):
  - a.) 1,500 mg
  - b.) 2,300 mg
  - c.) 3,000 mg
  - d.) 4,000 mg
- 2.) What is the approximate average daily sodium intake for Americans ages 2 and up?
  - a.) 800 mg
  - b.) 1,500 mg
  - c.) 2,300 mg
  - d.) 3,400 mg
- 3.) Which of the following are benefits from reducing the amount of sodium in our diets?
  - a.) Lowered blood pressure
  - b.) Reduced risk of heart disease
  - c.) Reduced risk of stroke
  - d.) Reduced risk of gastric cancer
  - e.) All of the above
- 4.) Approximately how much of our sodium comes from processed foods?
  - a.) 45%
  - b.) 55%
  - c.) 65%
  - d.) 75%
- 5.) How much sodium is in a teaspoon of salt?
  - a.) 500 mg
  - b.) 1,300 mg
  - c.) 2,300 mg
  - c.) 3,300 mg
- 6.) Foods that are canned can be high in salt without tasting salty?
  - a.) Yes
  - b.) No

Answers are on Page 7



Kelli Fritz, CDM

Director of  
Dining Services



Green Hills  
Retirement Community  
6557 US 68 S  
West Liberty, OH  
(937) 465-5065  
www.greenhillsrc.org