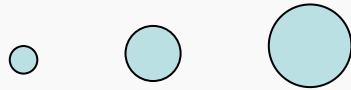




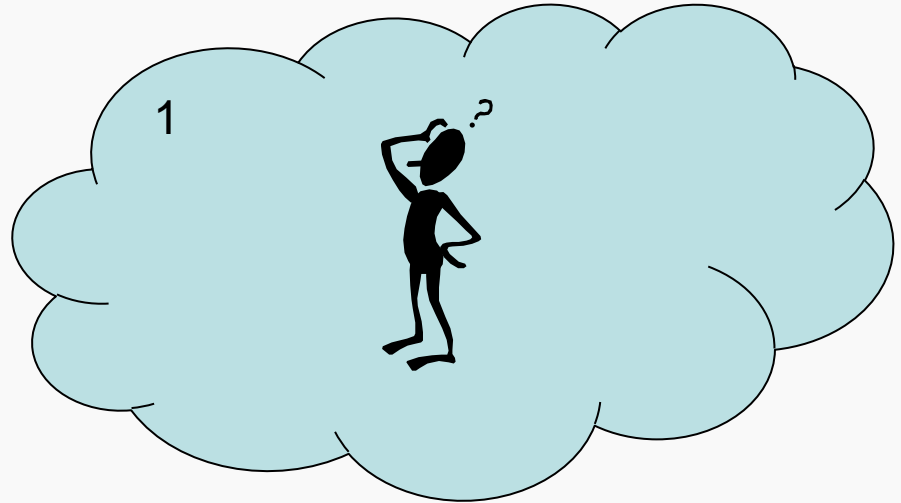
Dietary Sodium



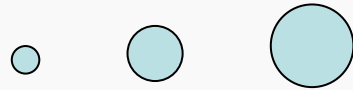
Updated 2015



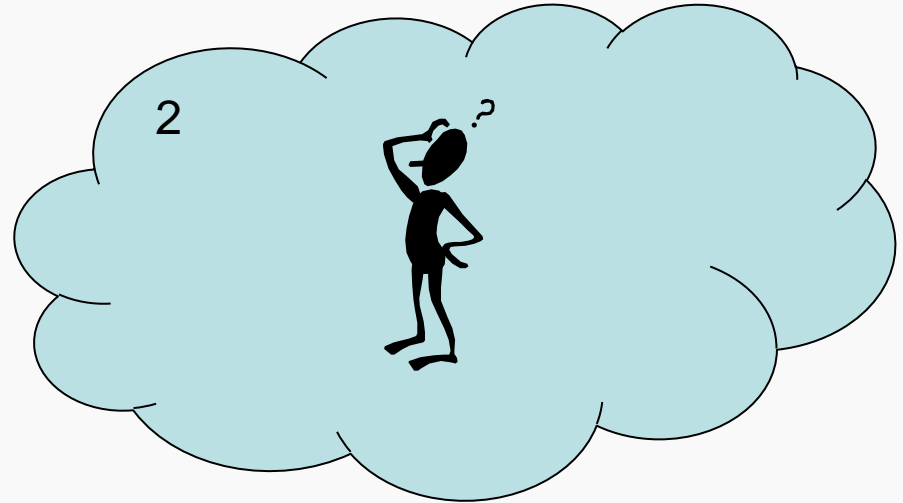
Reducing your intake of salt or sodium may help you prevent high blood pressure.



True

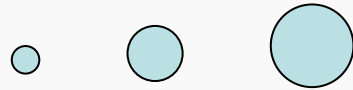


You may be at greater risk of developing hypertension from high dietary sodium if you are over 45 years old.

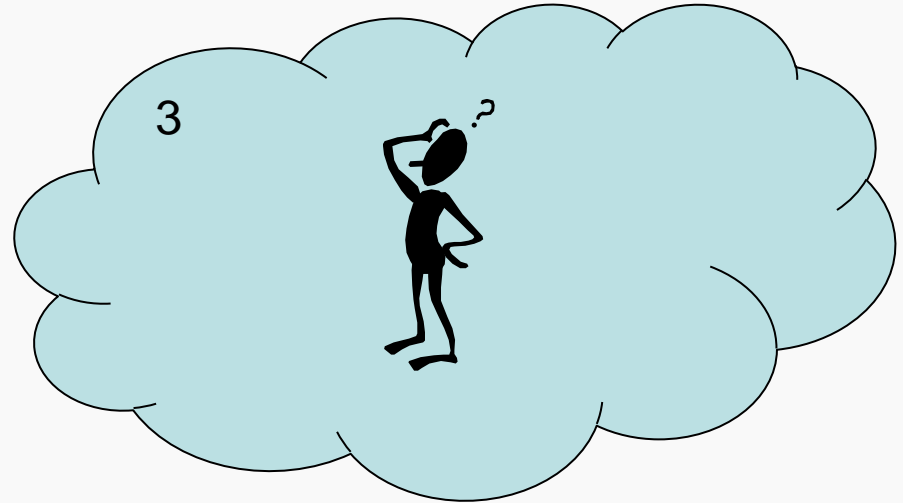


True





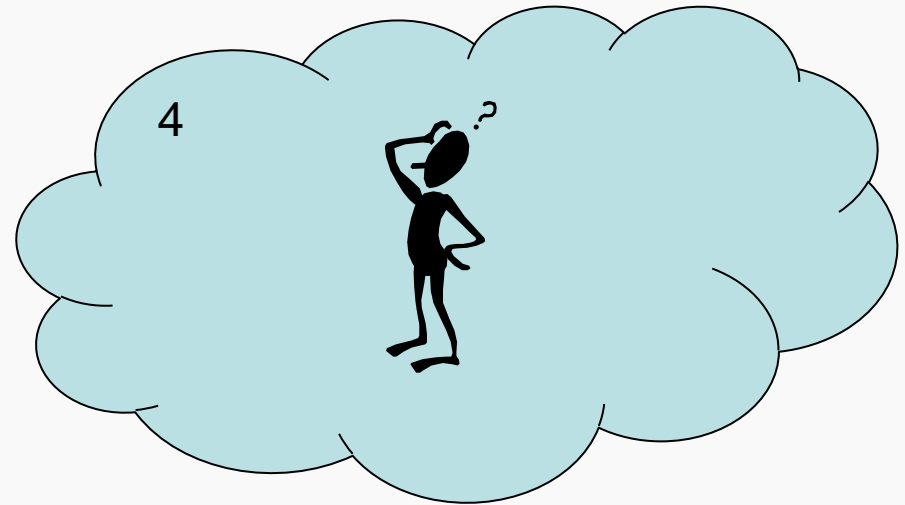
Most of the sodium
consumed by
Canadians is from salt
added at the table.



False



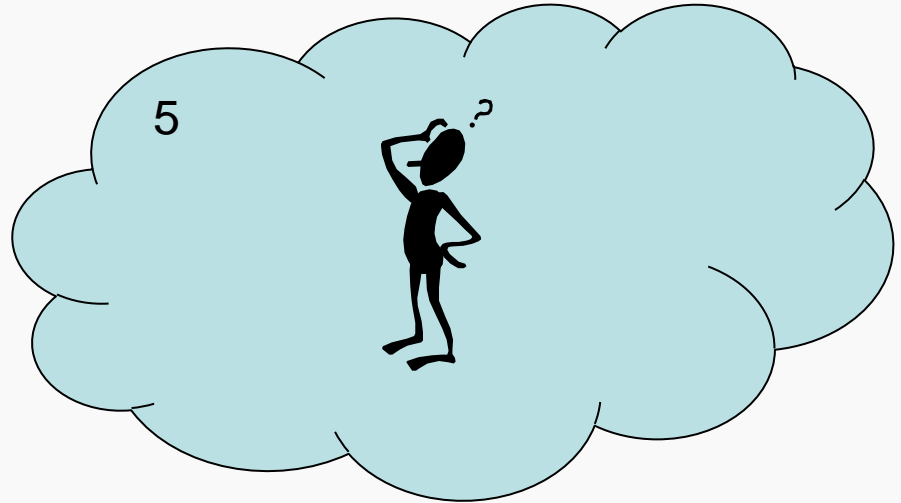
Adults should aim to eat less than 2,300 mg of sodium a day.



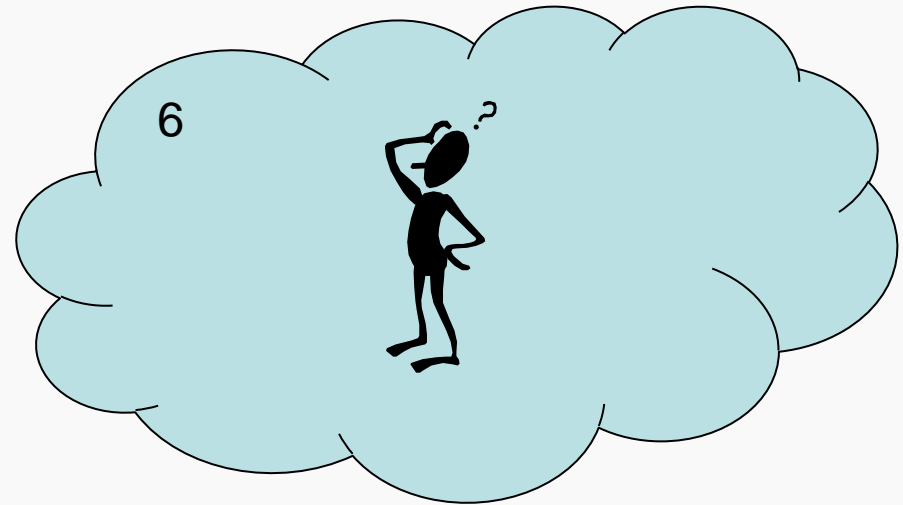
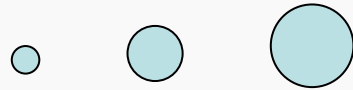
True



The Nutrition Facts table tells you the number of milligrams (mg) of sodium in the whole package of food.



False

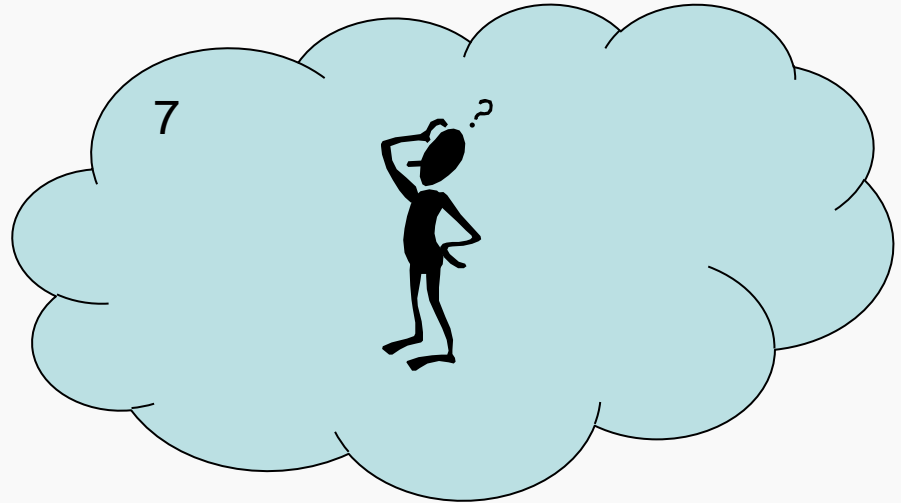


“Instant” packaged foods, fast foods and restaurant meals generally have a very high sodium content.

True



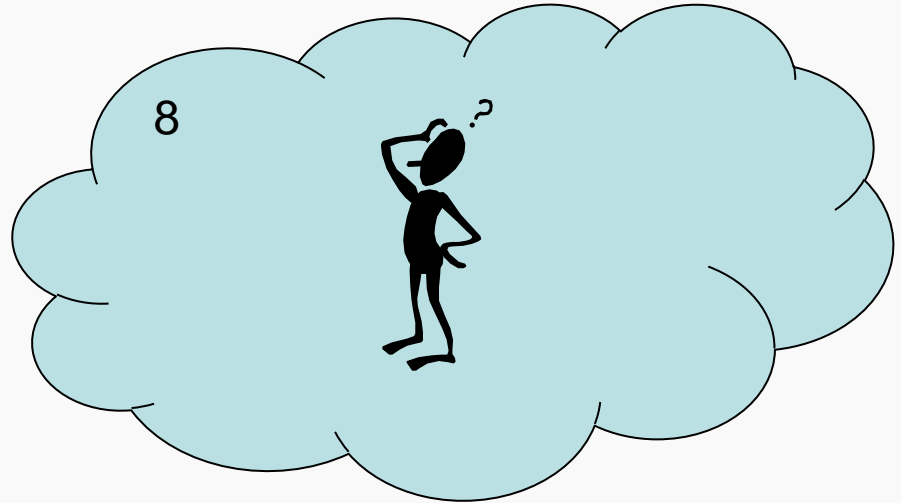
Food has no flavour
without salt.



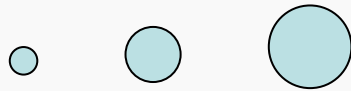
False



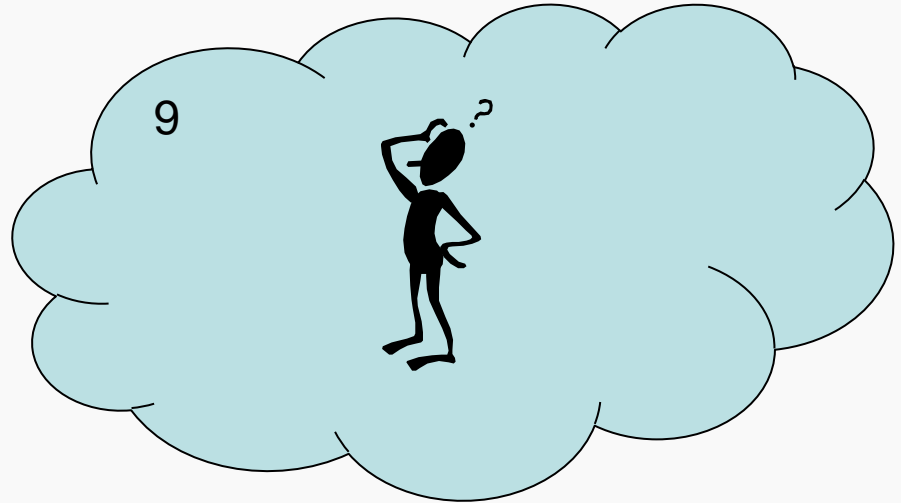
You can tell what foods
are high in salt
because they taste
salty.



False



If I cut down on salt my
body won't have
enough.



False



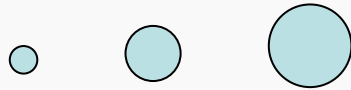
10



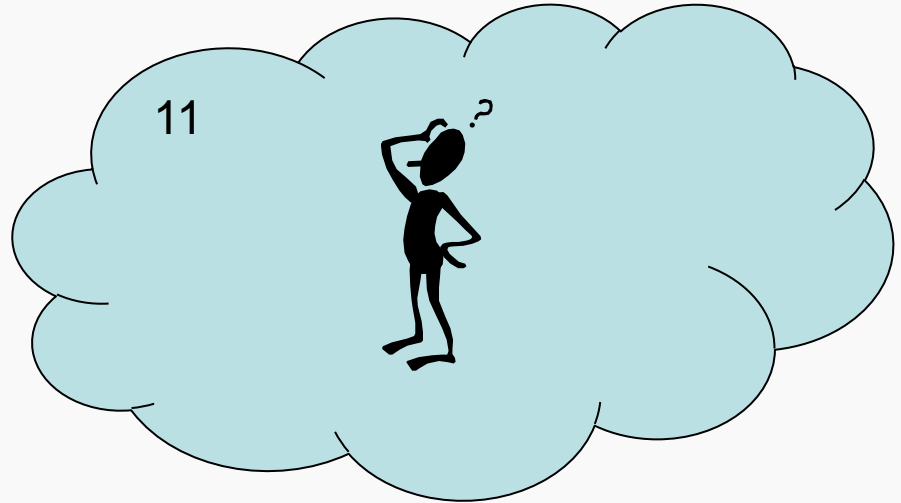
To lower blood pressure...

Eating a low sodium, well balanced diet can be as effective as taking a blood pressure medication.

True

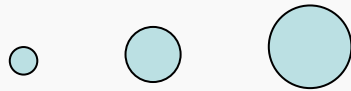


I would know if I have
high blood pressure.

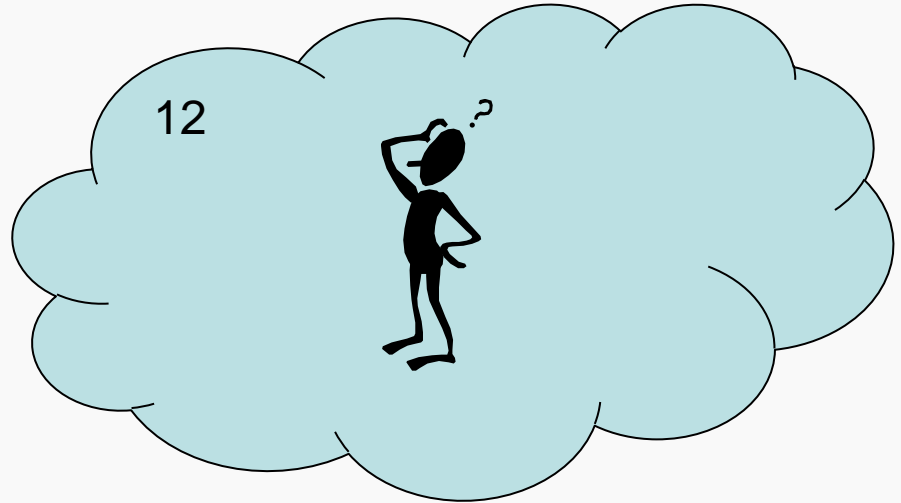


False





Gourmet or sea salt
is better for you than
table salt.



False

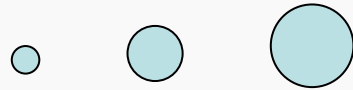


13

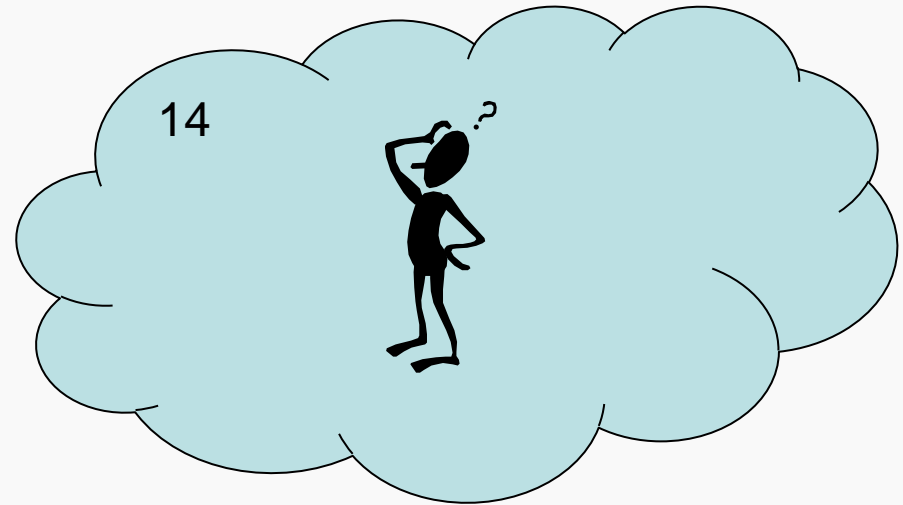


Following a low-sodium diet could reduce the risk of heart attack or stroke by up to 25-30%.

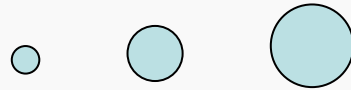
True



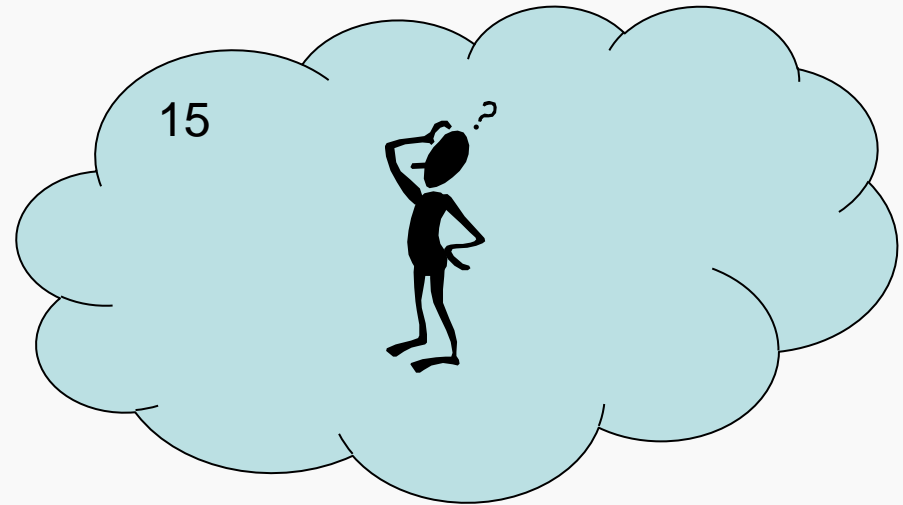
Most Canadian children and youth have sodium intakes that are too high.



True



½ cup of tomato juice
contains 40 times
more sodium than one
fresh tomato.



True



16



My blood pressure is good so I don't have to worry about my sodium intake.

False



How well did
your group do?

Sodium Savvy - Answers

- ☐ 10-16 Answers Correct
 - Congratulations! You're Sodium Savvy!
- ☐ 5-10 Answers Correct
 - Good job! Keep reading those nutrition labels.
- ☐ 0-5 Answers Correct
 - Oh oh! Please visit www.hypertension.ca

For Healthcare professionals

- Access an accredited 15.5 hour interdisciplinary training program
- Sign up for free monthly news updates, featured research and educational resources
- Become a member for special privileges and savings

www.hypertension.ca



Sodium, a silent additive