Quiz: Test your salt awareness

True or false?

1. **Most people consume too much salt.**
   True. In developed countries, levels of salt intake today are 40 times higher than what our human ancestors consumed during several million years of evolution. Thanks to globalization, high salt consumption is taking hold in developing countries as well.

2. **Populations that consume too much salt have higher blood pressure.**
   True. Epidemiological studies show that salt intake is directly related to blood pressure; communities with higher salt intake have a higher mean population blood pressure.

3. **If I stop adding salt to my food, I don't need to worry.**
   False. Most excess dietary salt comes from processed foods (especially those sold in bags or boxes). In most developed countries, about 80% of salt consumed is added to foods at the manufacturing stage, where consumers have no control over how much salt is added.

4. **Salt is main source of sodium.**
   True. Table salt is 40% sodium and 60% chloride. PAHO/WHO recommends consumption of less than 5 g/day of salt, equivalent to 2 g/day of sodium.

5. **Reduced-salt products are "healthier" products.**
   True *and* false. Reduced-salt products are preferable to higher-salt versions, but processed food products are less healthy than fresh, whole foods for many reasons in addition to salt content.

6. **If people consume less salt, they will not get enough iodine.**
   False. Policies for salt iodization and salt reduction are compatible. Close collaboration between salt iodization and salt reduction programs can ensure that their aims are congruent.

7. **Salt substitutes are healthier than regular table salt.**
   Unknown. Many salt substitutes use potassium chloride, and most people need more potassium in their diets. However, there is insufficient scientific evidence so far to recommend widespread consumption of salt substitutes.