

Dietary Salt

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<p>With the next questions, we would like to learn more about salt in your diet. Dietary salt includes ordinary table salt, unrefined salt such as sea salt, iodized salt, salty stock cubes and powders, and salty sauces such as soya sauce or fish sauce (see showcard). The following questions are on adding salt to the food right before you eat it, on how food is prepared in your home, on eating processed foods that are high in salt such as <i>[insert country specific examples]</i>, and questions on controlling your salt intake. Please answer the questions even if you consider yourself to eat a diet low in salt.</p>		
Question	Response	Code
<p>How often do you add salt or a salty sauce such as soya sauce to your food right before you eat it or as you are eating it?</p> <p><i>(SELECT ONLY ONE)</i></p> <p><i>(USE SHOWCARD)</i></p>	<p>Always 1</p> <p>Often 2</p> <p>Sometimes 3</p> <p>Rarely 4</p> <p>Never 5</p> <p>Don't know 77</p>	DS1
<p>How often is salt, salty seasoning or a salty sauce added in cooking or preparing foods in your household?</p>	<p>Always 1</p> <p>Often 2</p> <p>Sometimes 3</p> <p>Rarely 4</p> <p>Never 5</p> <p>Don't know 77</p>	DS2
<p>How often do you eat processed food high in salt? By processed food high in salt, I mean foods that have been altered from their natural state, such as packaged salty snacks, canned salty food, salty food prepared at a fast food restaurant, <i>[add country specific examples]</i>.</p> <p><i>[INSERT EXAMPLES]</i></p> <p><i>(USE SHOWCARD)</i></p>	<p>Always 1</p> <p>Often 2</p> <p>Sometimes 3</p> <p>Rarely 4</p> <p>Never 5</p> <p>Don't know 77</p>	DS3
<p>How much salt or salty sauce do you think you consume?</p>	<p>Far too much 1</p> <p>Too much 2</p> <p>Just the right amount 3</p> <p>Too little 4</p> <p>Far too little 5</p> <p>Don't know 77</p>	DS4
<p>How important to you is lowering the salt in your diet?</p>	<p>Very important 1</p> <p>Somewhat important 2</p> <p>Not at all important 3</p> <p>Don't know 77</p>	DS5
<p>Do you think that too much salt or salty sauce in your diet could cause a health problem?</p>	<p>Yes 1</p> <p>No 2</p> <p>Don't know 77</p>	DS6

