

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>(SELECT ONLY ONE)</p> <p>(USE SHOWCARD)</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>(USE SHOWCARD)</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

Dietary salt, Continued			
Question	Response		Code
Do you do any of the following on a regular basis to control your salt intake? <i>(RECORD FOR EACH)</i>			
Limit consumption of processed foods	Yes	1	DS7a
	No	2	
Look at the salt or sodium content on food labels	Yes	1	DS7b
	No	2	
Buy low salt/sodium alternatives	Yes	1	DS7c
	No	2	
Use spices other than salt when cooking	Yes	1	DS7d
	No	2	
Avoid eating foods prepared outside of a home	Yes	1	DS7e
	No	2	
Do other things specifically to control your salt intake	Yes	1 If Yes, go to DS7other	DS7f
	No	2	
Other (please specify)	<div style="text-align: center;"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>		DS7other