### Sodium Analysis Tool (SALT)

| How often in the past 4 weeks | Unsalted, low or reduced sodium | Never or less than once a month | 1-3 per month | 4-6 per month | 1-2 per week | 3-4 per week | 5-6 per week | 1 per day | 2-3 per day | 4+ per day |
|-------------------------------|---------------------------------|--------------------------------|--------------|-------------|-------------|-------------|-------------|---------|-------------|-----------|

**EXAMPLE 1:** If you *usually* ate breads, croissants, bagels, rolls, biscuits or wraps *once* everyday, you’ll write this:

| Bread, croissants, bagels, rolls, biscuits and flatbreads including hot dog and hamburger buns, tortillas |
|--------------------------------------------------|
| [ ] Unsalted, low or reduced sodium               |
| [ ] Never or less than once a month               |
| [ ] 1-3 per month                                 |
| [ ] 4-6 per month                                 |
| [ ] 1-2 per week                                  |
| [ ] 3-4 per week                                  |
| [ ] 5-6 per week                                  |
| [ ] 1 per day                                     |
| [x] 2-3 per day                                   |
| [ ] 4+ per day                                    |

**EXAMPLE 2:** If you *usually* ate reduced sodium breads, croissants, bagels, rolls, biscuits or wraps *once* everyday, you’ll write this:

| Bread, croissants, bagels, rolls, biscuits and flatbreads including hot dog and hamburger buns, tortillas |
|--------------------------------------------------|
| [x] Unsalted, low or reduced sodium               |
| [ ] Never or less than once a month               |
| [ ] 1-3 per month                                 |
| [ ] 4-6 per month                                 |
| [ ] 1-2 per week                                  |
| [ ] 3-4 per week                                  |
| [ ] 5-6 per week                                  |
| [ ] 1 per day                                     |
| [ ] 2-3 per day                                   |
| [x] 4+ per day                                    |

| How often in the past 4 weeks | Unsalted, low or reduced sodium | Never or less than once a month | 1-3 per month | 4-6 per month | 1-2 per week | 3-4 per week | 5-6 per week | 1 per day | 2-3 per day | 4+ per day |
|-------------------------------|---------------------------------|--------------------------------|--------------|-------------|-------------|-------------|-------------|---------|-------------|-----------|

**Bread, croissants, bagels, rolls, biscuits and flatbreads including hot dog and hamburger buns, tortillas**

**Baked goods** such as cakes, muffins, loaves, pie, donuts, pastries, sweet rolls

**Cookies and granola bars** including cereal bars and marshmallow rice squares

**Breakfast cereals** including oatmeal, granola, muesli

**Pancakes, crepes, waffles and french toast**

**Butter and margarine**

**Frozen yogourt, ice cream, pudding and custard**

**Yogourt** including yogourt beverages

**Milk products and substitutes (not in tea/coffee)** including chocolate/flavoured milk, rice/almond/soy beverage, milk shakes

**Cheese (not in mixed dishes)** such as cheddar, swiss, brie, parmesan, processed cheese slice or spread, cream cheese, cottage cheese

**Wiener, sausages and substitutes**

**Processed meat and substitutes** such as bacon, luncheon meat, pates and spreads, pepperoni, jerky

**French fries and deep fried vegetables** including hashbrowns, onion rings, zucchini sticks, vegetable tempura

**Side salads (excluding green salads)** such as pasta salad, potato salad, coleslaw, bean salad

**Vegetables and legumes (canned)**

**Vegetables and legumes (raw or cooked, plain or fat added)** including green salads and mashed potatoes

**Vegetable and legume dishes** such as dahl, chickpea curry, broccoli with cheese sauce, creamed peas, scalloped potatoes, vegetable stew or stir-fry

**Salad dressings** including mayonnaise

**Gravies**

**Condiments** such as soy sauce, ketchup, relish, tartar sauce
**Participant Code:**

**Sodium AnaLysis Tool (SALT)**

| Questionnaire Continued... | How often in the past 4 weeks |
|---------------------------|-------------------------------|
|                           | Unsalted, low or reduced sodium | Never or less than once a month | 1-3 per month | 4-6 per month | 1-2 per week | 3-4 per week | 5-6 per week | 1 per day | 2-3 per day | 4+ per day |
| Pickled foods** such as dill pickles, pickled vegetables, sauerkraut, olives, pickled eggs | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Pizza                     | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Stuffed pastry** such as samosa, meat pies, spanakopita, meat filled bun, sausage roll, dumplings (dim sum) | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Mexican dishes** such as burrito, chimichanga, enchilada, taco salad, nacho, quesadilla, fajita | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Soups (canned or prepared from dehydrated mix) | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Soups (homemade or restaurant) | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Baked beans and chili (canned) | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Baked beans and chili (homemade or restaurant) | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Pasta, rice and other grains (plain or fat added)** such as pasta noodles, rice noodles, white or brown rice, quinoa, couscous | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Pasta (canned or prepared from dry mix)** such as macaroni and cheese fettucini alfredo, pasta carbonara, hamburger and noodles with sauce, ravioli | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Pasta and noodle dishes (homemade, frozen or restaurant)** such as spaghetti, macaroni and cheese, lasagna, ravioli, pad thai, lo mein | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Rice dishes** such as fried rice, rice pilaf, risotto, sushi | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Eggs (plain or fat added)** such as poached, fried, scrambled eggs | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Egg dishes** such as omelettes, egg salad, quiche, eggs benedict | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Meat, fish and shellfish, poultry (canned)** such as tuna, crab, salmon, ham, corned beef, chicken | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Meat, fish and shellfish, poultry and substitutes (plain or fat added)** such as pork chop, steak, chicken breast, hamburger patty, fried tofu | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Meat, fish and shellfish, poultry and substitutes (mixed dishes)** such as beef with vegetables, chicken parmigiana, sweet and sour pork, tofu dishes | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Nuts and seeds** such as trail mix, almonds, peanut butter, sunflower seeds | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Snack foods** such as chips, crackers, popcorn, pretzel, rice cakes | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Dips** such as salsa, hummus, french onion, spinach dip, tzaziki | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

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**How often do you usually use no salt added, low or reduced sodium products when you cook, such as low-sodium broth or no salt added canned tomatoes?**

**How often do you add salt in cooking?**

**How often do you add salt to your food at the table?**