



National Agricultural Library

How Much Salt?

How much do you know about the salt content of food?

1. The body needs how much salt per day:

- a. $\frac{1}{4}$ teaspoon
- b. $\frac{1}{2}$ teaspoon
- c. 1 teaspoon
- d. 1 tablespoon

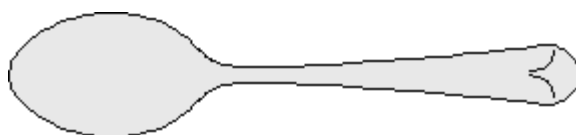
2. The maximum amount of salt recommended in the U.S. Dietary Goals:

- a. $\frac{1}{4}$ teaspoon
- b. 1 teaspoon
- c. $1\frac{1}{2}$ teaspoon
- d. 1 tablespoon



3. The amount of salt that the average American consumes each day:

- a. 2 teaspoon
- b. 3 teaspoons
- c. 4 teaspoons
- d. 5 teaspoons



1 teaspoon of salt = 2,000 mg.

4. How much salt is in 3 oz. pork chop?

- a. 52 mg.
- b. 100 mg
- c. 500 mg.
- d. 1,000 mg



5. How much salt in 3 oz. of ham?

- a. 500 mg.
- b. 1,156 mg.
- c. 2,500 mg.
- d. 3,000 mg.



6. How much salt is in a fast food Deluxe Burger? 7. How much salt is in 20 potato chips?

- a. 76 mg.
- b. 300 mg.
- c. 545 mg
- d. 918 mg.



- a. 50 mg.
- b. 100 mg.
- c. 175 mg.
- d. 250 mg.



8. How much salt is in a picnic meal _____?

- 1 hot dog in a bun
- 1 teaspoon catsup
- 20 chips
- ½ cup canned baked beans



For additional information on salt content of foods:

Fat content in fast foods: <http://dfwmusic.com/fastfood/nonjava1.html>

Food and Nutrition Information Center: <http://www.nal.usda.gov/fnic>

Materials from the NAL collection:

AU: Ternus,-M.

TI: To shake or not to shake: EN takes another look at salt.

SO: Environ-nutr. New York : Environmental Nutrition, Inc., Sept 1996. v. 19 (9) p. 1, 4.

CN: DNAL TX341.E5

LA: English

TI: Dietary sodium reduction: is there cause for concern.

SO: J-Am-Coll-Nutr. New York, NY : American College of Nutrition. June 1997. v. 16 (3) p. 192-203.

CN: DNAL RC620.A1J6

LA: English

TI: Use salt and sodium in moderation.

SO: Leaf-L-Tex-Agric-Ext-Serv-A-M-Univ-Syst. College Station, Tex. : The Service. May 1992. (5061) 2 p.

CN: DNAL 275.29-T313

LA: English

AU: Geiger,-C.J.

TI: Health claims: history, current regulatory status, and consumer research.

SO: J-Am-Diet-Assoc. Chicago, IL : The American Dietetic Association. Nov 1998. v. 98 (11) p. 1312-1322.

CN: DNAL 389.8-Am34

LA: English

1. ¼ teaspoon; 2. 1½ teaspoons; 3. 3 teaspoons; 4. 52 mg; 5. 1,156 mg; 6. 918 mg; 7. 250 mg; 8. 1,620 mg

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