

Sodium Self Test



For each of the following items, score 3, 2, 1 or 0:

- 3 = 0 to 1 time per month
- 2 = 2 to 6 times per month
- 1 = 7 to 11 times per month
- 0 = 12 or more times per month

DO YOU DO ANY OF THESE?	MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5
I add salt to my food					
I eat in fast food restaurants					
I use...					
Ketchup					
Soy, teriyaki, or worcestershire sauce					
Packaged seasoning mixes, (Shake N' Bake, stir fry sauce, gravy mix)					
Seasoned salt (e.g. Lawry's)					
I eat...					
Instant cooked cereals					
Canned or instant soup or bouillon					
Canned veggies, seafood or meats					
Cheese					
Deli meats or lunch meats					
Frozen prepared entrees					
Hot dogs					
Packaged pasta and rice dinners ("Helpers," macaroni & cheese)					
Pickles or olives					
Prepared mixes (pancake, muffin, cornbread)					
Salted or smoked meats (bacon, ham, corned beef, sausage)					
Sauerkraut					
Tomato or vegetable juice					
I snack on...					
Salted nuts					
Potato or other chips					
Pretzels					
Salted popcorn					
TOTALS					



Use your score as a guideline. Compare your progress over the next few months.

- Total Score**
- 56-69 = Very Good
 - 41-55 = Good
 - 21-40 = Fair
 - 0-20 = Poor



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