

Salt Assessment Questionnaire

		Usually	Sometimes	Never
1.	I use salt in cooking	<input type="checkbox"/> 5	<input type="checkbox"/> 3	<input type="checkbox"/> 0
2.	I add salt to my food at the table	<input type="checkbox"/> 5	<input type="checkbox"/> 3	<input type="checkbox"/> 0

Tick the foods you eat (exclude low salt versions):

Added salt/garlic salt/or other salted seasonings	<input type="checkbox"/>	Marinades and other salty flavourings	<input type="checkbox"/>	Potato chips, corn chips, popcorn, pretzels, cheese puffs, or similar snack foods	<input type="checkbox"/>
Bouillon, Broths, Soups, or Gravies	<input type="checkbox"/>	Bacon, Salami or other cured meats	<input type="checkbox"/>	Condiments like ketchup, sweet relish, capers	<input type="checkbox"/>
Salty nuts	<input type="checkbox"/>	Hotdogs or Sausages	<input type="checkbox"/>	Ready meals	<input type="checkbox"/>
Bottled curry sauce	<input type="checkbox"/>	Ham	<input type="checkbox"/>	Takeaways	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	Smoked fish	<input type="checkbox"/>	Tinned vegetables	<input type="checkbox"/>
Pickled foods	<input type="checkbox"/>	Canned soup	<input type="checkbox"/>	Packaged deli meats	<input type="checkbox"/>
Spaghetti sauce	<input type="checkbox"/>	Soya sauce	<input type="checkbox"/>	Blended coffee/tea drinks	<input type="checkbox"/>
Pizza	<input type="checkbox"/>	Breakfast cereals	<input type="checkbox"/>	Creamy salad dressings	<input type="checkbox"/>
		Usually	Sometimes	Never	
Of the foods you've ticked above, how often do you eat 2 or more of them in a day		<input type="checkbox"/> 5	<input type="checkbox"/> 3	<input type="checkbox"/> 0	

Add up your score

- under 9 your diet seems low in salt
- 9 - 14 sounds as if you have a moderate salt intake
- 15+ looks like your salt intake could be on the high side

Other Factors Affecting Blood Pressure

	Usually/most days	Sometimes	Not Often/never
I get moderate exercise for 30 minutes in the day/evening	♥	*	0
It is easy for me to keep my house warm enough	♥	*	0
If I have something on my mind I can speak to someone about it within a few hours	♥	*	0
I feel in control in my job/running the home	♥	*	0
I have good support in my job/running the home	♥	*	0
I get to spend time socialising or seeing friends as often as I would like	♥	*	0
It is easy for me to make ends meet	♥	*	0
I usually get a good night's sleep	♥	*	0

Mostly ♥ It seems like you're able to take good care of yourself with a lifestyle that promotes wellbeing and healthy blood pressure.

Mostly * This is a sound starting point for health. What's on your wish list for taking care of yourself? Can you put it into practice?

Mostly 0 Dietary changes might not be top of your agenda at the moment. If you're dealing with health issues or coping with challenging circumstances, one of the team will be happy to talk if you like. It can sometimes be too easy to be down on ourselves when things get tough, how can you be your own best friend ?