

## Discretionary Salt Use Questions from NHANES 2009

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Now I'll be asking some questions about your use of table salt. What type of salt do you usually add to your food at the table? Would you say it is ordinary or seasoned salt, lite salt, or a salt substitute?

1. ORDINARY, SEA, SEASONED, OR OTHER FLAVORED SALT  
[includes regular iodized salt, sea salt and seasoning salts  
Made with regular salt]..... 1  
LITE SALT..... 2  
SALT SUBSTITUTE..... 3  
NONE..... 4  
REFUSED..... 7  
DON'T KNOW..... 9

2. How often do you add [REC1 ANSWER] to your food at the table?  
Is it rarely, occasionally, or very often?  
  
RARELY..... 1  
OCCASSIONALLY..... 2  
VERY OFTEN..... 3  
REFUSED..... 7  
DON'T KNOW..... 9

3. How often is ordinary salt or seasoned salt added in cooking or  
preparing foods in your household? Is it never, rarely, occasionally  
or very often?  
  
NEVER..... 1  
RARELY..... 2  
OCCASIONALLY..... 3  
VERY OFTEN..... 4  
REFUSED..... 7  
DON'T KNOW..... 9

[THIS QUESTION APPLIES ONLY TO USE OF ORDINARYSALT OR  
[SEASONED SALT AND NOT TO LITE SALT OR SALT SUBSTITUTE