

Study Salt Instructions for Participants

Public reporting burden of this collection of information is estimated to average 5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Reports Clearance Officer, 1600 Clifton Road, NE, M/S D74, Atlanta, GA 30333, ATTN: PRA 0920-0982.

Use of Study Salt - Overview

When you drop off your first 24-hour urine sample clinic staff will give you a salt shaker (Study Salt) that contains a very small amount of a compound called lithium. Using this Study Salt will allow us to tell how much of the sodium in your diet comes from salt added to food at the table and salt you use in home cooking. You'll be asked to use salt from the shaker whenever you add salt to food at the table; even when eating meals outside the home like at work or a restaurant. You'll also be asked to use the Study Salt from the shaker whenever adding salt to food prepared at home. For example, if you add salt to a batch of chili you are making you should use the Study Salt provided to you by the study. You'll use this Study Salt until you complete your fourth and final 24-hour urine sample. You and your family members may use the Study Salt without any adverse health effects.

Safety of the Study Salt: The Study Salt contains a compound called lithium which has been used in previous studies with no adverse health effects. The dose of lithium is very small.

The label on the bottom of the Study Salt shaker includes your Participant ID#, clinic manager name, and contact information.

Directions for use: Use this salt in place of table salt while participating in study. Use at the table and in cooking.

Use of Study Salt - Instructions



Salt added to food at the table

Please provide duplicate samples whenever you add salt to your food at the table. Shake the same amount of salt shaken onto your food into a bag with a neon label immediately following adding salt to your food on the table. If you forget to do this during the meal, do it as soon as possible afterward. Record the type of salt used (regular salt including sea salt, iodized salt, non-iodized salt, and kosher salt; or another type such as lite salt or salt substitute for your first collection; “Study Salt” for the three subsequent collections) on the bag label. You will use one neon-labeled bag per collection day for all your salt added to food at the table. If you do not add salt to your food at the table on your collection date, please check the box “I did not add salt at the table today”.

For your first collection day you will use your own salt. After you receive the Study Salt, (when you drop off your first urine collection) please use it whenever you wish to add salt to your food at the table. This includes salt added to food at home and away from home. Remember to take the salt shaker with you wherever you go so that you’re able to use it if you eat at work, restaurants, and other places away from home.



Salt added in preparing food at home

Please also provide duplicate samples of all salt added to your food in home cooking. Any salt added to food prepared outside your home does not need to be collected. Put the same amount of salt added to the dish in a bag with a white label immediately after adding salt to the dish. Record the date, name of the dish prepared and type of salt used (regular salt including sea salt, iodized salt, non-iodized salt, and kosher salt; or another type such as lite salt or salt substitute for your first collection; “Study Salt” for the three subsequent collections) on the bag label. Record the total amount of the dish you prepared on the ‘Food Record Form’. Each dish you add salt to in your home cooking will have a separate bag of duplicate salt so you may use multiple white-labeled bags for one collection day.

For your first collection day you will use your own salt. After you receive the Study Salt, (when you drop off your first urine collection) please use it whenever you add salt to food in home cooking. If someone else in your home is preparing a food that includes salt, make sure they use the salt provided by the study.

When to start using the Study Salt

Start using the Study Salt as soon as it is given to you by clinic staff at your first 24-hour urine collection drop-off.

When to stop using the Study Salt and return duplicate samples

Use the Study Salt up until the time you return the salt shaker to the clinic with your final 24 hour urine sample. Please return your duplicate salt samples to the clinic at this time as well. Ensure that all the bags are tightly sealed and each label has been filled out completely. If you did not add salt at the table or use salt in home cooking, please return the empty bags to the coordinating center (the neon labeled bags should have the box checked noting that you did not add salt at the table on that day).

Frequently asked questions

Question: Does the Study Salt taste different than regular salt?

Answer: Most people don't notice any taste difference.

Question: Does it work in recipes like regular salt?

Answer: Yes, it has the same cooking properties and can be used in place of regular salt.

Questions?

If you have any questions please call the clinic coordinator at 612-462-7751. Thanks!