

JHU-SALT Questionnaire

This questionnaire was created to assess websites on guidance and information in regard to sodium reduction in diet.

Questions 1-6 assess information while questions 7-12 assess guidance. Questions 13 and 14 assess accuracy.

Score the following questions with either 0 (No), 1 (Somewhat), or 2 (Adequate).

Questions	Score
1. Does the website mention adverse health effects of sodium consumption?	
2. Does the website mention recommended sodium intake levels?	
3. Does the website mention contributors of salt in the diet?	
4. Does the website mention potassium-rich foods?	
5. Does the website differentiate sodium from salt?	
6. Does the website mention potassium-containing salt substitutes?	
7. Does the website provide lifestyle strategies to reduce blood pressure?	
8. Does the website teach label reading for sodium?	
9. Does the website teach how to cook with less salt and high sodium ingredients?	
10. Does the website provide strategies to flavor food without salt?	
11. Does the website teach how to buy groceries with lower sodium?	
12. Does the website provide lower sodium tips for eating outside the home?	
13. Does the website avoid misinformation?	
14. Does the website address common misconceptions about salt?	
Composite Score (Total)	