








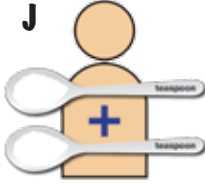

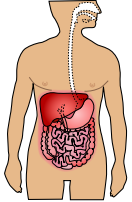


# STUDENT WORKSHEET

## SODIUM IN SNACK FOODS

Name \_\_\_\_\_ Date \_\_\_\_\_ Class/Hour \_\_\_\_\_

Do your best to match the milligrams of sodium on each bag to the picture of the snack food. Fill in the table below.

Milligrams of Sodium	Snack Food
1 mg <input type="checkbox"/>	<b>A</b>  Smoked Beef Stick (1 stick)
40 mg <input type="checkbox"/>	<b>B</b>  Vegetable Juice (8 ounces)
135 mg <input type="checkbox"/>	<b>C</b>  Pretzels (1 ounce)
190 mg <input type="checkbox"/>	<b>D</b>  Diet Soda (8 ounces)
270 mg <input type="checkbox"/>	<b>E</b>  Medium Banana (7 - 7.9 inches)
290 mg <input type="checkbox"/>	<b>F</b>  Regular Potato Chips (1.5 ounces)
480 mg <input type="checkbox"/>	<b>G</b>  Baked Potato Chips (1 ounce)
490 mg <input type="checkbox"/>	<b>H</b>  Sunflower Seeds (3 ounces)
677 mg <input type="checkbox"/>	<b>I</b>  Recommended Amount Per Day
1,500 mg <input type="checkbox"/>	<b>J</b>  Average American intake of Sodium
Less than 2,300 mg <input type="checkbox"/>	<b>K</b>  Large Fries (5.6 ounces)
About 3,440 mg <input type="checkbox"/>	<b>L</b>  Amount of Sodium Your Body Needs

1. What is sodium? \_\_\_\_\_
2. How much sodium does the body need in order to function each day? \_\_\_\_\_
3. What is the recommended daily limit for sodium? \_\_\_\_\_
4. What is the average daily intake of sodium by Americans over 2 years old? \_\_\_\_\_
5. How does a diet high in sodium contribute to heart disease? \_\_\_\_\_  
\_\_\_\_\_
6. How can you reduce sodium in your diet? \_\_\_\_\_  
\_\_\_\_\_

### Optional Extension Activity

Snack Food	Calories	Sodium (Na)	Salt (NaCl)	Saturated Fat
Sunflower Seeds (3-ounce bag)				
Regular Potato Chips (1.5-ounce bag)				
Baked Potato Chips (1-ounce bag)				
Large Fries (5.6 ounces)				
Pretzels (1 ounce of thin, classic)				