

Module 1, Lesson 3 Quiz:
Balancing Sodium & Potassium

1. Sodium recommendations are to:
 - a. Limit intake to 3000 mg/day
 - b. Increase intake to 3000 mg/day
 - c. Limit intake to 2300 mg/day**
 - d. Increase intake to 2300 mg/day

2. Research finds the typical American:
 - a. Eats more sodium than they should daily**
 - b. Eats less sodium than they should daily
 - c. Should improve their electrolyte balance for energy
 - d. Should take a sodium supplement

3. Besides food, sodium can be found in:
 - a. Medications
 - b. Oral contraceptives
 - c. Alcohol
 - d. All of the above**

4. Potassium plays a key role in:
 - a. Nerve and muscle function**
 - b. Bone health
 - c. Vision
 - d. Weight management

5. Limiting which one of these will best help regulate sodium and potassium:
 - a. Fruits & vegetables
 - b. Lean proteins
 - c. Processed foods**
 - d. Fats and oils