

BOSS: SALTY SHORES

SAUCERESS

40 POINTS

- 1) What is it called when your blood sodium falls too low and you can experience dangerous symptoms such as fatigue and confusion?
 - A. Thirst
 - B. Sodium excess
 - C. Muscle contractions
 - D. Sodium drain
- 2) What is it called when you have too much sodium in the diet and it can raise blood pressure, making your heart work harder?
 - A. Thirst
 - B. Sodium excess
 - C. Muscle contractions
 - D. Sodium drain
- 3) What is an ingredient that can greatly raise the sodium level of a food if added to it?
 - A. Ranch dressing
 - B. Basil
 - C. Black pepper
 - D. Garlic
- 4) What is an ingredient that typically can add flavor to a food while not greatly raising the sodium level?
 - A. BBQ sauce
 - B. Soy sauce
 - C. Hot chili sauce
 - D. Lemon juice
- 5) How many mg (milligrams) of sodium are in one serving of Sauceress?
 - A. 36mg
 - B. 690mg
 - C. 500mg
 - D. 1000mg
- 6) Instead of Soy sauce, which of the following sauces or ingredients would offer a lower amount of sodium per serving?
 - A. Olive oil
 - B. Ranch dressing
 - C. Ketchup
 - D. Hot chili sauce
- 7) How many calories per serving does Sauceress have?
 - A. 50g
 - B. 60g
 - C. 32g
 - D. 24g
- 8) Sauceress is low in calories and cholesterol per serving, does that make her a healthy choice?
 - A. Yes, she has few calories
 - B. No, she has a high amount of sodium
 - C. Yes, she has a low amount of cholesterol
 - D. Yes, she has a low amount of sugar

