

Thank you for participating this survey. It aims to investigate the status of Korean dietary life. Your response will be only used for survey purposes, and all your answers will be held in the strictest confidentiality.

Please put a tick in the box ☐ next to the answer of your choice or write in the space provided.

1. Are you currently practicing a low sodium diet?

- ☐ Yes, more than six months
☐ Yes, but less than six months
☐ No (Please, answer the next question)

- 1-1. Do you intend to make changes to reduce your sodium intake in the near future or in the following month?

- ☐ Yes
☐ No, but in the next six months,
☐ No, I haven't thought about it.

2. Do you recognize any effort (nutrition education program, campaign, or events) to encourage the reduction sodium intakes in schools, government, food service industries, TV, radio, advertisements, and newspapers?

- ☐ Yes ☐ No

3. Have you seen nutritional labeling of sodium on processed foods?

- ☐ Yes ☐ No

4. Do you know about the nutritional labeling of sodium in restaurants or highway rest areas?

- ☐ Yes ☐ No

5. Please check the list of low-sodium foods ever used or purchased (multiple answers possible).

- ☐ Low-sodium ham
☐ Low-sodium snack
☐ Low-sodium cereal
☐ Low-sodium ramen
☐ Sodium-reduced salted fish
☐ Sodium reduced kimchi
☐ Low-sodium cheese
☐ Low-sodium soy sauce
☐ Low-sodium salt

6. What advantages do you expect from reducing your sodium intake? (3 choices possible)

- ☐ Decrease of blood pressure
☐ Prevention of stroke and heart diseases
☐ Weight loss
☐ Reduction of swelling in body
☐ Skin enhancement
☐ Prevention of osteoporosis
☐ Prevention of cancer

7. Please rate the following statements regarding difficulties to practicing a low-sodium diet.

	Strongly disagree	Disagree	Neither agree nor disagree	agree	Strongly agree
<i>I have difficulties in practicing a low sodium-diet because of</i>					
Bad taste	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Time-consuming and inconvenient process of cooking and preparing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Limitation in choosing the food, menu and restaurant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Limited information, knowledge, and skills to practice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Limitation to social relationships when dining with family or friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Preference for broth dishes (soup, stew)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Preference for kimchi, salted fish, fermented sauces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Please rate the following statements regarding your dietary habit.

	Strongly disagree	Disagree	Neither agree nor disagree	agree	Strongly agree
I often eat dried fish, salted and fermented fish, and salted mackerel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often eat processed or instant food such as ramen, ham, and canned food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I add salt or sauces more when eating bland tasting dishes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat all of the soup, stew, broth or noodle liquid.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I frequently eat soy paste soup or other broth soups and stews (Jjigae, eongol).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat out (including delivery foods) or have a dining meeting more than two or three times in a week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat kimchi frequently.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I usually eat fried or pan-fried dishes and sliced raw fish with plenty of dipping sauces.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I prefer braised fish with soy sauce to fresh grilled fish.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often eat plenty of fruits and vegetables.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I usually check the sodium content in nutrition labeling when eating-out or purchasing food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I usually buy seasoned meat or seafood and dishes for sale.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often eat potato chips or crackers as a snack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9. Please indicate your level of agreement with the following statement.

	Strongly disagree	Disagree	Neither agree nor disagree	agree	Strongly agree
I feel unfulfilled or unsatisfied when eating foods with less salt.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I usually recognize the sodium contents in food or dishes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practicing a low-sodium diet will improve my health status.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I will buy fresh food rather than processed or instant food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I will ask to reduce the salt when eating-out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I will choose dishes with natural flavor and taste rather than hot, salty, spicy ones.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I will have concern for low-sodium recipes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think that the influence of consumers' sodium reduction can induce the change of social surroundings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Please select answer of the following questions.

	Yes	No	Don't know
An excess intake of sodium can increase the risk of osteoporosis.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The amount of sodium and the amount of salt are the same in the same food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Two tablespoons of salt are the recommended goal intake of salt in a day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sodium is necessary to keep the balance and equilibrium of body fluids.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sodium exists in various food additives such as baking powder and preservatives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A sufficient intake of vegetables and fruits helps sodium excretion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
For nutrition labeling, salt content is indicated in the labeling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooked fish with sauce contains much more salt than grilled fish in itself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
One tablespoon of salt contains the same amount of sodium as one tablespoon of soybean paste (miso).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The amount of sodium in the noodles themselves is more than that in the broth of ramen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. Please fill out the following for your personal information.

Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Age	() years old	
Height	() cm	
Weight	() kg	
Residence	<input type="checkbox"/> Major city	
	<input type="checkbox"/> Small and medium-sized city	
	<input type="checkbox"/> Rural community	
Education qualification	<input type="checkbox"/> Middle school or less	
	<input type="checkbox"/> High school	
	<input type="checkbox"/> College or above	
Average monthly income	<input type="checkbox"/> Under \$1,000	
	<input type="checkbox"/> \$1,000-\$2,000	
	<input type="checkbox"/> \$2,00-\$3,00	
	<input type="checkbox"/> \$3,000-\$4,000	
	<input type="checkbox"/> \$4,000-\$5,000	
	<input type="checkbox"/> Above \$5,000	

*Thank you for completing the survey.