



Salt substitution linked with lower risk for dying early, study finds

Description

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CNN has found that using less **salt** in your meals can help you live longer. **Salt** adds taste to our food, but too much of it can be bad for us. A new research has found that using less **salt** can lower the risk of death.

The research was done by using **substitutes** or replacements for **salt** while cooking. This was linked to a lower risk of dying early from any cause or heart disease. Some **substitutes** that were tested for **salt** included a mix of **potassium chloride** and **sodium chloride**.

However, there are many factors that affect this research. For example, most of the research was done in China. So, the results may not apply to other countries.

Even so, reducing **salt** in your diet could help prevent sickness. It could also lower **blood pressure**. This is another way how less **salt** can help us live longer.

However, people should consult with health professionals if they have concerns about their **salt** intake.

Vocabulary Insights:

- **Substitute** /sʔbstʔtjuʔt/ (noun): A thing acting or serving in place of another.
- **Potassium Chloride** /pʔʔtæsiʔm ʔklʔʔraʔd/ (noun): A metal halide salt composed of potassium and chloride, used in medicine, food processing, and scientific research.
- **Sodium Chloride** /ʔsoʔdiʔm ʔklʔʔraʔd/ (noun): The chemical name for salt, a substance used for seasoning and preserving food.
- **Blood Pressure** /ʔblʔd ʔprʔʔr/ (noun): The pressure of circulating blood on the walls of blood vessels, a vital sign of health.

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Vocabulary List:

1. **Substitute** // (noun): A thing acting or serving in place of another.
2. **Potassium Chloride** // (noun): A metal halide salt composed of potassium and chloride used in medicine, food processing, and scientific research.
3. **Sodium Chloride** // (noun): The chemical name for a salt substance used for seasoning and preserving food.
4. **Blood Pressure** // (noun): The pressure of circulating blood on the walls of blood vessels, a vital sign of health.
5. **Salt** // (noun): A mineral substance primarily used for seasoning or preserving food.
6. **Research** // (noun): Systematic investigation or study to establish facts or reach new conclusions.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which condition is characterized by high blood sugar levels?

- Option: Diabetes
- Option: Cholesterol
- Option: Alzheimer
- Option: Influenza

2. Which fruit is known for its creamy texture and healthy fats?

- Option: Avocado
- Option: Fiber
- Option: Potassium
- Option: Cholesterol

3. An epidemic occurring over a wide geographic area and affecting an exceptionally high proportion of the population is called an _____.

- Option: Outbreak
- Option: Substitute



- Option: Epidemic
- Option: Symptom

4. Which compound is commonly known as table salt?

- Option: Potassium Chloride
- Option: Sodium Chloride
- Option: Salt
- Option: Fiber

5. Which variety of avocado is recognized for its dark bumpy skin?

- Option: Cats
- Option: Diabetes
- Option: Hass avocado
- Option: Influenza

6. The systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions is called _____.

- Option: Fungal
- Option: Research
- Option: Infection
- Option: Condition

7. The surroundings or conditions in which a person animal or plant lives or operates is known as _____.

- Option: Pathogenic
- Option: Environment
- Option: Sustainable
- Option: Centre

8. To establish the truth or correctness of something by evidence or demonstration is to _____.

- Option: Cholesterol
- Option: Confirm
- Option: Beneficial
- Option: Inflammation

9. The pressure of the blood in the circulatory system often measured for diagnosis is called _____.

- Option: Potassium
- Option: Blood Pressure
- Option: Avocado
- Option: Cholesterol

10. A localized physical condition in which part of the body becomes reddened swollen hot and often painful is called _____.

- Option: Alzheimer



- Option: Inflammation
- Option: Compound
- Option: Fiber

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ is a progressive disease where brain cells degenerate and die causing memory loss and cognitive decline.
12. Many people use honey as a _____ for sugar in their recipes to reduce added sugars.
13. A chemical _____ is a substance formed by the bonding of two or more different elements.
14. Coughing and fever are common _____ of the flu.
15. Athlete's foot is a common _____ infection that thrives in warm moist environments.
16. Many people seek advice from a veterinarian for the health concerns of their _____.
17. Bananas are a good source of _____ an essential mineral for muscle function.
18. High levels of LDL _____ can increase the risk of heart disease.
19. It is important to protect the _____ to ensure a sustainable future for generations to come.
20. My dog had a check-up at the _____ clinic to ensure he was healthy.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

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|---|
| 21. Consuming a diet high in saturated fats can lead to an increase in levels of this fatty substance in the blood. |
| 22. The bacteria were identified as after causing illness in several individuals. |
| 23. The rapid spread of a disease affecting many individuals within a community. |



24. Practices that meet the needs of the present without compromising the ability of future generations to meet their own needs.
25. A nutrient-dense fruit known for its creamy texture and healthy monounsaturated fats.
26. Regular exercise has numerous positive effects on overall health and well-being.
27. A contagious respiratory illness caused by influenza viruses often leading to seasonal outbreaks.
28. A chronic condition characterized by elevated levels of sugar in the blood due to insufficient insulin production or ineffective use of insulin.
29. A substance composed of two or more elements in fixed proportions with distinct properties different from its constituent elements.
30. To establish the accuracy truth or validity of something through evidence or demonstration.

Answer

Multiple Choice: 1. Diabetes 2. Avocado 3. Epidemic 4. Sodium Chloride 5. Hass avocado 6. Research 7. Environment 8. Confirm 9. Blood Pressure 10. Inflammation

Gap-Fill: 11. Alzheimer 12. Substitute 13. Compound 14. Symptom 15. Fungal 16. Cats 17. Potassium 18. Cholesterol 19. Environment 20. Vet

Matching sentence: 1. Cholesterol 2. Pathogenic 3. Epidemic 4. Sustainable 5. Avocado 6. Beneficial 7. Influenza 8. Diabetes 9. Compound 10. Confirm

CATEGORY

1. Health - LEVEL2

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Author

aimeeyoung99