# MORE QUESTIONS AND ANSWERS

# Is baking soda the same as salt?

Sodium bicarbonate is formed by mixing carbon, sodium, hydrogen and oxygen molecules. This mixture, also known as baking soda, is actually a type of salt.

### What Is The Difference Between Baking Soda and Washing Soda?

Baking soda is a salt chemically known as sodium bicarbonate with the chemical equation NaHC0 3. When baking soda reacts with an acid, carbon dioxide is released. This is why it was originally used as a leavening agent in 1846 according to the Smithsonian Magazine.

### How are baking salt and baking soda different?

The chemical make-up makes them different. Salt is NaCl (sodium chloride). Baking soda is a bi-carbonate is NaHCO3 and in it's natural mineral form it is called nahcolite. Bicarbonate of soda in cooking becomes a leavening agent whereas salt is used to enhance a flavor. Baking powder is another "animal" all together.

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# Is there a lot of sodium in baking soda?

What Is the Sodium/Bicarbonate Content of Baking Soda? According to a manufacturer, each teaspoon of baking soda contains 4.8 g, corresponding to 59 mEq of sodium and 59 mEq of bicarbonate [1].

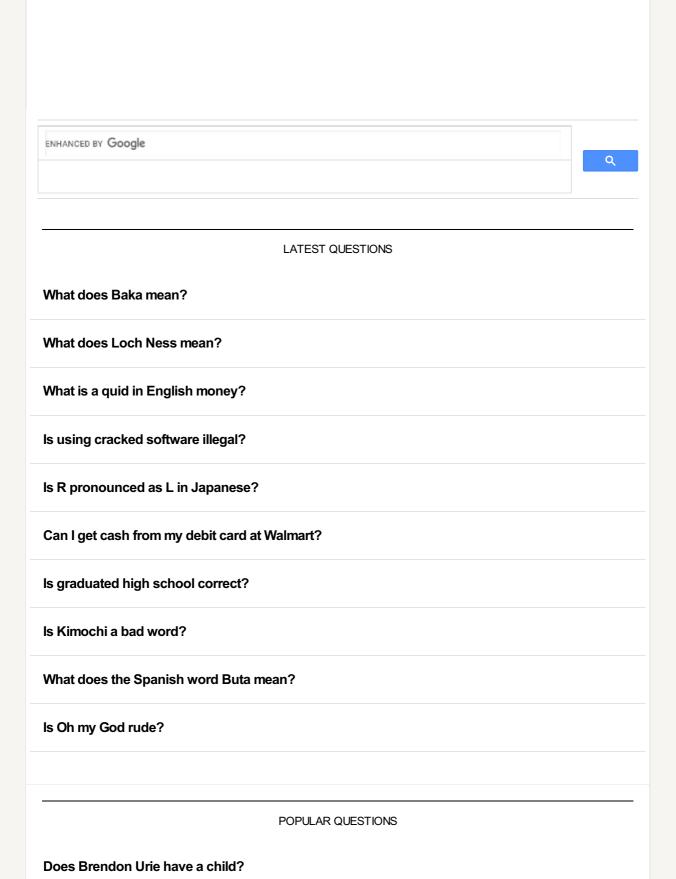
### Is the sodium in baking soda bad for you?

The most common cause of baking soda toxicity is overuse. You should avoid using baking soda if you're following a low-sodium diet. One-half teaspoon of baking soda contains about one-third of your recommended sodium intake for the day. Ask your doctor if baking soda is a good alternative treatment for you.

## How much sodium bicarbonate should I take daily?

Adults and teenagers—325 milligrams (mg) to 2 grams one to four times a day. Children up to 6 years of age—Dose must be determined by your doctor. Children 6 to 12 years of age—The dose is 520 mg.





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