

## MORE QUESTIONS AND ANSWERS

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### **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.

### **Is Baking Soda Bad For You?**

Sodium bicarbonate, or baking soda as we know it, is commonly used in (surprise!) baking. However, it has many other benefits, often when mixed with some water, which you may not have been aware of before.

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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].

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### **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.

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### **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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