

Which Salt is Right for You?

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What Exactly is Salt?

While we used to not pay much attention to salt, there are now numerous types of salt available in the market, each one presenting itself as the very best choice. Salt is a combination of 40% sodium and 60% chloride, minerals that are naturally present in the ocean and in the ground. Salt is either harvested from salt mines or evaporated from salty sea water. Let's look at some of the most common types of this flavoring agent...



Meet Table Salt:

Table salt is refined into small crystals that dissolve easily. During processing, any additional minerals that are naturally present in the salt are removed and often a flaking agent is added to prevent clumping. Most table salt is fortified with iodine, an essential mineral that is crucial for the production of thyroid hormones. Low levels of iodine in our diet can lead to hypothyroidism, goiter, and neurocognitive impairments.

Meet Kosher Salt

Kosher salt has a larger flake size than table salt and does not contain added iodine. It dissolves quickly and provides the same taste as refined salt. Since the larger flakes make it easier to pick up with our fingers, kosher salt can easily be sprinkled over foods.



Meet Sea Salt:

Sea salt is a broad term for salt harvested by evaporating ocean water. Sea salt is usually not as finely ground as table salt, producing a coarse crystal and more of a burst of flavor. The amount of sodium, chloride, iodine, and other minerals in sea salt varies depending on where it's produced. However, due to ocean pollution, sea salt can also contain trace amounts of heavy metals like lead that are dangerous to health.

