

Important Questions to Ask Yourself about Salt

- Smart Approach Maximize Flavor; yet Maintain Healthy Benefits
- Hiding Places for Too Much Salt
- How to Use Salt
- Smart Techniques to Add Salt
- Types of Salt to Use in Moderation:
- Kinds of Salt
- Why Do We Need Salt?
- Possible Problems with Adding too Much Salt

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Salt Information

Some Important Questions to Ask Yourself

- Does your salt ever lump in your saltshaker?
- Does your salt pour perfectly?
- Is your salt pure white?

Some companies add bleach, anti-caking agents, pouring agents and other toxic chemicals. Find out what is really in the salt you are using.

Smart Approach Maximize Flavor; yet Maintain Healthy Benefits

- Talk to your doctor before changing your diets drastically
- Watch amount of salts consumed in processed food
- Watch amount of salts consumed in restaurant food
- Keep intake to recommended daily intake (1500 mg)
- Use a pinch or two of pure salt of your personal taste

Hiding Places for Too Much Salt

- Restaurant foods may hide salt within or over finished dishes
- Most processed foods contain salt- check the ingredient label

How to Use Salt

- Raise flavor where it meets your tastebuds
- Use various salts with herbs to add their own character

Smart Techniques to Add Salt

- Sprinkle it lightly on a finished dish
- Home cook your meals so you know when & where to add salt to maximize flavor and limit the amounts.

Types of Salt to Use in Moderation:

- Sel Gris – crunchy coarse nuggets for rich meats that dissolve when chewing; good to use for robust foods and sturdy vegetables
- Flake – delicate flakes that melt with accent the crispness of salad ingredients, fresh vegetables, and fish.
- Fleur de Sel – use for all purposes, baking to braising, to smooth out flavors and is free of additives, preservatives, or anticaking agents
Some crystals dissolve faster than others; use for sprinkling

Kinds of Salt: What is:

- **Sea Salt**
 - Comes in fine and coarse options
 - Source is the sea regions around the world
 - Contains nutritional compounds
 - Color can be white to grey
 - Best ones are ones with the least added preservatives
- **Ground Salt**
 - Salt from the ground – table salt
 - Most common type found
 - Refined salt may contain Iodine
- **Kosher Salt**
 - Tastes less salty and may come from the sea or ground
 - Anticaking Agents can be added
 - Pure forms can be purchased
 - Preferred by some chefs
- **Gourmet Salts – Artisan Salt - Infused**
 - Can be finishing and naturally flavored finishing salts
 - More expensive than basic sea salt or ground salt
 - Can be combined with other herbs, spices, or seasonings

Smoked salt to use sparingly for smoked taste

- **Alternative Salts**

Comprised of chemical sources
May interact to some medications

- **Natural Chemical-free**

Granules like dulse (seaweed), tastes sea like

Why Do We Need Salt?

- It keeps your body functioning correctly
- Maintains normal heart rhythm
- Improves Nerve function

Possible Problems with Adding too Much Salt

- Linked to high blood pressure and cardiovascular irregularities
- Cause water retention
- Results in Dehydrated Skin Conditions

For More Information See:

https://www.simplyrecipes.com/what_is_sea_salt/

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/sodium/art-2004547>

<https://www.foodnetwork.ca/healthy-eating/blog/how-to-choose-healthiest-type-of-salt-for-cooking/>

<https://www.culinarynutrition.com/best-types-of-salt/>

<https://craves.everybodysshops.com/a-look-at-whats-behind-the-artisanal-salt-trend/>

<https://www.culinarynutrition.com/best-types-of-salt/>