



Sea Salt versus Table Salt:

Is there a Difference? **NO!**

Sea salt has some health benefits but **will not** lower your sodium content

Sea salt has boomed in popularity in restaurants and supermarket aisles across the country. Many gourmet chefs say they prefer it over table salt for its coarse, crunchy texture and stronger flavor. Manufacturers are using it in potato chips and other snacks because it's "all natural," and not processed like table salt. And some health-conscious consumers choose it because it contains minerals like magnesium. Each of the above-mentioned characteristics may set sea salt apart from table salt, but in one other very important respect **there's absolutely no difference between the two.**

Sea salt and sodium content: It's very important for people to be aware that sea salt has as much sodium as table salt. If you're consuming more sea salt than you otherwise would because you think it has less sodium, then you may be placing yourself at higher risk of developing high blood pressure, which raises your risk of heart disease.

What's the difference? Sea salt is obtained directly through the evaporation of seawater. It is usually not processed, or undergoes minimal processing, and therefore retains trace levels of minerals like magnesium, potassium, calcium and other nutrients.

Table salt, on the other hand, is mined from salt deposits and then processed to give it a fine texture so it's easier to mix and use in recipes. Processing strips table salt of any minerals it may have contained, and additives are also usually incorporated to prevent clumping or caking.