



BLOGS

Decoding Salt and Sodium: Is There a Difference, and Why Does Low Sodium Salt Matter?

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It is pretty common for people to scratch their heads over terms such as "salt" and "sodium," wondering if they're just different names or the same thing?

Well, you're not alone!

Often, people find themselves pondering this exact question. The truth is, while **salt and sodium** are related, they aren't exactly the same.

Confused?

This blog aims to understand the concept of salt and sodium and how to go for low sodium salts to reduce your sodium intake. Understanding the differences between them can help you make more informed dietary choices.

What is Sodium?

There is a significant role that sodium plays in our bodies as an essential mineral.

It is involved in:

Fluid Balance: Sodium helps regulate the balance of fluids in and out of cells.

Nerve Function: It is crucial for the proper functioning of nerves and muscles.

Blood Pressure: Sodium levels affect blood pressure, and maintaining the right balance is essential for cardiovascular health. Your diet should include **low sodium salt**.

The element sodium is rarely found in nature in its pure elemental form due to its high reactivity. The most common compound is sodium chloride.

What is Sodium Chloride (Salt)?

The chemical compound sodium chloride (NaCl) is known as salt. It is the most prevalent form of sodium found in nature and is used extensively in cooking and food preservation. Sodium chloride dissolves in water, dissociating into sodium (Na⁺) and chloride (Cl⁻) ions, which are essential for various bodily functions.

Chemical Composition of Salt

Salt, commonly known as table salt, is a chemical compound composed of two elements:

Sodium (Na) and Chlorine (Cl).

Salt is made up of sodium chloride, which has a chemical formula of NaCl. When sodium and chlorine combine, they form an ionic bond, creating this essential compound.

- **Sodium (Na):** Sodium is a soft, silver-colored metal that is highly reactive. It belongs to the alkali metals group on the periodic table.
- **Chlorine (Cl):** Chlorine is a greenish-yellow gas that is highly reactive and belongs to the halogens group on the periodic table.

When these two elements react, they form the stable compound NaCl, which is what we commonly refer to as salt.

Sodium vs. Sodium Chloride

While sodium is an element, sodium chloride is a compound made up of sodium and chlorine.

Here's a comparison to clarify their differences:

Element vs. Compound: Sodium is a single element, whereas sodium chloride is a compound composed of both sodium and chlorine.

Function: Sodium is necessary for bodily functions like nerve transmission and muscle contraction. Sodium chloride provides a source of sodium and chloride ions for these processes.

Dietary Sources: Sodium can come from various dietary sources, including processed foods, naturally occurring sodium in foods, and added table salt. Sodium chloride is specifically table salt or the salt used in cooking and food processing.

Decoding Nutrition Labels: Understanding Nutrition Labels

It's important to read the Nutrition Facts label when you're buying packaged food.

Here's how to decode it:

1. **Sodium Content:** Look for the *Sodium* line under the *Nutrition Facts* section. This is usually listed in milligrams (mg). The % *Daily Value* (%DV) indicates how much of the recommended daily intake is in one serving. Be mindful of sodium levels and always choose the best low sodium salts.
2. **Serving Size:** Keep an eye on the serving size at the top of the label. If you consume more than the serving size listed, you must multiply the sodium content accordingly.
3. **Ingredient List:** Sodium can be listed under various ingredient lists. It's essential to recognize these to avoid hidden sodium.

Opt for organic or natural low-sodium salts or those explicitly labeled as having reduced sodium content.

Other Names for Sodium on Food Labels: Unmaking Hidden Labels

It is important to keep in mind that sodium can appear on food labels under a variety of different names. Be mindful of hidden sodium, and opt for low sodium salt alternatives.

These are some of the most common ones that need to be watched out for:

Sodium chloride: Common table salt.

Monosodium glutamate (MSG): An additive that enhances flavor.

Sodium bicarbonate: Also known as baking soda.

Sodium nitrate/nitrite: Preservatives often found in processed meats.

Disodium phosphate: An additive used in processed foods.

Sodium alginate: A thickener in processed foods.

Sodium benzoate: A preservative in acidic foods and beverages.

Understanding Sodium Sources in the Average US Diet

In the average American diet, sodium comes from various sources, each contributing differently to overall intake:

5%: Added While Cooking

6%: Added While Eating

12%: Natural Sources

77%: Processed and Prepared Foods

It is alarming to switch to gluten-free, low sodium salt alternatives.

Reducing the 77%: Tackling Processed and Prepared Foods

The largest portion of sodium in the American diet comes from processed and prepared foods.

These include packaged snacks, canned soups, frozen meals, and fast food, which often contain high sodium levels as a preservative and flavor enhancer.

Here are some specific ways to reduce this major sodium source:

Cook More at Home: Cook wholesome alternatives to processed favorites using fresh ingredients at home with suitable low sodium salts like Salicornia White Salt.

Create a Meal Plan: Make sure you have a plan for your meals and snacks at home each week by choosing salts with low sodium from SaltWise. This helps avoid the temptation of reaching for high-sodium convenience foods.

Batch Cooking: Prepare large batches of meals with Salicornia (low sodium salt) and freeze them in individual portions. This ensures healthy, low-sodium options are available even on your busiest days.

Choose Fresh Over Packaged: Choose fresh ingredients over packaged ones whenever possible. Fresh meats, vegetables, and whole grains are healthier than processed foods.

Be informed about sodium consumption from these sources and pick the best low sodium salts for your culinary preparation at home.

How SaltWise Salicornia Salt Can Benefit You?

SaltWise offers a healthier salt alternative (low sodium salt) that tastes just like common salt but even better without compromising texture and flavor.

Green Salicornia Salt from SaltWise is a revolution in health. Besides salt and low sodium benefits, it adds Umami Kick to your dishes.

Using a carefully designed process, SaltWise extracts white salt from Salicornia leaves without additives or chemicals.

SaltWise has pioneered this innovative technology, ensuring you get pure, natural salt from the Salicornia plant.

What more could you ask for in a salt?

With SaltWise, you can enjoy all the benefits of traditional salt while making a healthier choice for you and your family.

Choose SaltWise for These Reasons:

✓ **50% Lower Sodium:** SaltWise has 50% less sodium than common salt, helping you maintain a healthier diet without sacrificing flavor.

✓ **Rich in Vitamins and Minerals:** Contains more Vitamins A and B3 and essential minerals like Potassium, Magnesium, Iron, and Calcium compared to ordinary salt. These minerals promote better health and well-being.

✓ **Healthy and Diet-Friendly:** SaltWise is gluten-free, vegan, non-GMO, and microplastic-free, making it a perfect choice for those with dietary restrictions.

Isn't it great to know a healthier low sodium salt option is available?

Final Words

Now that you understand the difference between salt and sodium and the benefits of choosing low-sodium alternatives, it's clear that making informed choices can significantly impact your health.

By picking naturally processed low sodium salts like SaltWise, you're not just seasoning your food but enhancing your overall well-being.

What else do we need when we have such a perfect option?

SaltWise makes it easy to enjoy your favorite dishes without the guilt of high sodium intake. Savor the taste, enjoy the benefits, and enjoy the healthier choice.

Make a Switch to SaltWise- The Smart Choice for a Healthier, Tastier Lifestyle.

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