



BLOGS

What Is The Best Low-Sodium Salt & Substitute?

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For many foodies, the hunt for flavor and health can feel like a constant tug-of-war. Humans crave the delicious depth that salt adds to our food, but excessive sodium intake (which makes it a regular table salt) can pose health risks, particularly for those with high blood pressure or following a doctor-recommended low-sodium diet.

Fear not, we are here to debunk this dilemma.

Here at SaltWise, we want to introduce you to the world of low-sodium salts and substitutes so that you are able to enhance your culinary skills to create flavorful, healthy dishes without any salty compromise.

So, the main question is - do we have salt with low sodium content? Yes. We not only have a low sodium salt alternative but also a range of salts that are loaded with natural nutrients, phytonutrients, antioxidants and much more to promote good health with every bite.

Check out SaltWise's Green Salicornia Salt and **Salicornia White Salt** which are 100% natural plant based low sodium and mineral rich salts. Yes! you read it right- all of that plus being non-GMO, gluten free, vegan and zero additives.

What is Low-Sodium Salt?

Let's clear up a common misconception - low-sodium salt doesn't actually eliminate sodium entirely. Instead, it significantly reduces the amount of sodium chloride (table salt) and replaces it with other minerals like potassium chloride and magnesium sulfate.

In fact, if we talk about green salicornia salt, it is composed of 50% less sodium and it's packed with other vital nutrients that help to control and manage your cardiovascular system. As they (Salicornia green and white salt) are one ingredient products i.e. they are made only of all natural Salicornia plants, they come without any elements of chemicals and additives.

This allows you to enjoy the taste of salt while lowering your overall sodium intake. A few years back, WHO issued guidance on limiting sodium intake to reduce blood pressure, and the risk of cardiovascular diseases such as heart stroke and coronary heart disease.

Unveiling the Sodium Content Mystery

Understanding how much sodium is considered normal is important but at the same time, confusing. Here's a quick breakdown of average sodium claims:

- 1/4 teaspoon table salt is around 600mg sodium.
- Pre-packaged or processed foods often contain a significant amount of hidden sodium, ranging from 100mg to a whopping 1,000mg per serving.
- Sodium-free salt is less than 5 mg of sodium per serving.
- Very Low Sodium contains 35 mg of sodium or less per serving.
- Low Sodium contains 140 mg of sodium or less per serving.
- Reduced Sodium contains at least 25% less sodium than the regular salt.
- Light in Sodium salt packages contain at least 50% less sodium than the regular product.
- Unsalted or No Salt Added packages contain no salt, but the product may still contain naturally occurring sodium.

It is thus very important to check all the labels before purchasing any salt. Understanding sodium content claims can help you make better dietary choices.

Salty Saviors: A Look at Low-Sodium Salts

Several salts are available in the market as low-sodium alternatives, offering the savory taste of salt without the high sodium content. Now, let's explore the exciting world of salt with low sodium and salt and seasoning!

These innovative products offer a range of advantages:

Salicornia White and Green Salt - 100% natural and purely derived from sea asparagus, Salicornia salt is a rising star in the low-sodium world. Not only does it offer a delightful salty taste with a hint of the sea, but it also boasts good amounts of essential vitamins like Vitamin A and B3, calcium, iron, potassium and magnesium. SaltWise's Salicornia salts are completely gluten free, vegan, non-GMO, microplastic free and additives free. Made from 100% dehydrated Salicornia leaves, white and green Salicornia salts contain all essential phytonutrients that are required for good health.

Potassium Chloride-based Salts - These are widely available options on the shelves. This compound perfectly mimics the taste of sodium chloride but without the adverse health effects of high sodium intake.

Magnesium Sulfate (Epsom Salt) - While primarily known for its therapeutic uses, food-grade magnesium sulfate or Epsom salt can be used as a low-sodium **salt substitute** in certain culinary applications.

Herb and Spice Blends - Salt-free seasoning blends made from herbs and spices can enhance flavor without adding sodium. Such salty herbs that contain Salicornia **green salt nutrition** are garlic powder, onion powder, and pepper blends.

The Many Benefits of Low-Sodium Salt

Salicornia salt by SaltWise boasts of immense health benefits and this is why more and more Americans are buying it online. And you know what, there's more to our range of low-sodium salt than just reduced sodium!



Here's why it is a wise addition to your kitchen:

- Supports Heart Health - By lowering the sodium intake that you usually take from a regular table salt, you can potentially reduce the risk of high blood pressure, a major risk factor for heart disease.
- Improves Kidney Function - Excessive sodium intake can put a strain on your kidneys. SaltWise's low-sodium green salt nutrition can help ease that burden.
- Reduces Bloating and Puffiness on the Face - High sodium intake can lead to water retention, causing a feeling of puffiness on the face and other body parts. You can treat it or stop it from happening by opting for Salicornia salt from SaltWise. With Salicornia salt, you're automatically reducing sodium intake by 50% and potentially easing bloating and puffiness altogether.

When a Low-Sodium Diet Becomes Necessary?

Following a low-sodium diet is highly recommended by dietitians and doctors for various health concerns, most commonly high blood pressure or heart disease. The ideal daily sodium intake for these individuals can vary, so it's crucial to consult your doctor for personalized guidance.

The most common scenario, when your body shouts out for low sodium intake, is when it is suffering from high blood pressure. Sodium reduction can significantly help manage and reduce blood pressure levels, lowering the risk of heart disease. Additionally, those with chronic kidney disease or heart failure also benefit from a low-sodium diet, as compromised kidney function can make it difficult for the body to properly regulate sodium and fluids.

Ergo, always consult your GP for personalized guidance and a specific target sodium intake.

Cutting Back On Sodium Is A New Foodie Adventure To Begin With

Slashing your sodium intake doesn't have to be a flavorless nightmare. SaltWise has therefore brought you a whole new range of sustainable plant-based Salicornia salts at an economical price.

They are super nutritious with 50% less sodium, and they are free of any pesticides, microplastics and fertilizers. SaltWise team is inspired by research from various global health and salt research organizations, striving to bring forth the best common salt solutions that promote sustainable culture and wellbeing.

Apart from incorporating Salicornia, you can use magical herbs and spices like garlic powder, paprika, or a vibrant curry blend to reverse the adverse effect of sodium intake. Ditch your canned and highly processed foods and put fresh or frozen vegetables in your basket.

Another way to keep sodium at bay is by becoming a label-reading detective. Scrutinize sodium content before adding anything to your cart.

And don't forget to cook at home with your new healthy friend - Salicornia salt by SaltWise.

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