**Uses of Salt in Health and Diet**

**Introduction**

Let there be work, bread, water and salt for all – said **by Nelson Mandela**. This is the importance of salt in Life. Salt has been used by man for a very long time. There is evidence of salt processing dating back 6,000 years in Romania. Salt, or sodium chloride, is known as the mineral Halite in its natural form. Salt was first manufactured in Maldon by accident nearly 2,000 years ago when Casius Petrox, commander of the local Roman legion, overheated his bathwater

Salt was once a valuable commodity, and it has been used as a currency for trading. Salt has long been used for flavoring, for preserving food, in tanning, dyeing and bleaching. Today, it is widely used in the chemical industry for the production of pottery, soap, and chlorine.

**Uses of salt in Health**

Salt plays a crucial role in maintaining human health. It is one of those things a body can’t do without.

* It is the main source of sodium and chloride ions in the human diet.
* It’s necessary to cell and brain function, keeps us from heat stroke.
* Helps to stay hydrated
* Promotes good vascular health
* Balances Body electrolytes
* Improves sleep
* Sodium is essential for nerve and muscle function and is involved in the regulation of fluids in the body.
* Sodium also plays a role in the body’s control of blood pressure and volume
* Blood, sweat, tears, saliva and the general consensus among experts is that a healthy adult should aim towards a daily intake of five or six grams of salt to maintain a good balance

**Uses of salt in Kitchen and Diet**

In the kitchen, there's no ingredient more important than salt. It has a property to release food molecules into the air, giving the food an aroma - an integral part of taste.

It commonly features at the table or in the kitchen as free-flowing table salt, rock salt, sea salt, or kosher salt. High levels of salt, or sodium, come hidden in everyday foods, from fast food to frozen foods.

Salt is translucent, colorless, odorless and has a distinctive and characteristic taste

There are many types of salts and just about as many uses.

Few of them are listed

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| **Salt type** | **Used in Health and Diet** |
| Table Salt | * It's treated with an anti-caking agent to keep from clumping. * Table salt is iodized, meaning iodine has been added to prevent iodine deficiency, which can cause hypothyroidism and other maladies. |
| KOSHER SALT | * It’s used in the koshering process, when surface fluids are removed from meat through desiccation. * Kosher salt also dissolves quickly, making it a perfect all-purpose cooking salt. |
| Sea salt | * Because of its amazing mineral content, sea salt is a great source of electrolytes like magnesium, calcium, potassium, and sodium. These electrolytes are vital for muscle, brain and heart health, because of its critical role in the nervous system. |
| Himalayan pink salt | * Aid in proper metabolism functioning * Dissolve and eliminate sediment to remove toxins |
| Celtic sea salt | * Helping you to resist infections * Better digestion |
| FLEUR DE SEL | * Used as a finishing salt to flavor and garnish food |
| Kala namak | * It's often used in vegan and vegetarian dishes to give egg-free dishes the taste of egg, as well as in [Ayurvedic practice](https://www.google.com/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=Ayurveda+kala+namak). |
| FLAKE SALT | * This shapes means the crunchy flake salt dissolves quickly, resulting in a "pop" of flavor. * Flake salts can form as irregular shavings, pyramidal shapes, boxes, or potato chip-like laminated crystals.[[1]](https://en.wikipedia.org/wiki/Flake_salt#cite_note-flake-1) These salts tend to have lower trace mineral content than other salts, giving them a stronger salty taste. |
| BLACK HAWAIIAN salt | * To apply a light coating of regular sea salt on fish being steamed which preserves the moisture and the flavor. * We then use the Hawaiian black salt for a finishing touch to complete the seasoning while also enhancing the appearance of the dish. |
| RED HAWAIIAN SALT | * Alaea salt was traditionally used by Hawaiians to cleanse, purify and bless tools, canoes, homes and temples. * Alaea salt is also used in several native Hawaiian dishes kalua pig, poke, and pipikaula (Hawaiian jerky). |
| SMOKED SALT | * Smoked salts are a bold, flavourful way to add flame-grilled aroma and smoky complexity to just about any dish |
| PICKLING SALT | * Used for pickling and brining, pickling salt does not contain any added iodine or anti-caking agents, which can cause ugly discoloration of the preserved food. |

**Draw backs Low and High Sodium**

Excess sodium can lead to dehydration, increases blood pressure because it holds excess fluid in the body, and that creates an added burden on the heart. Too much sodium will increase risk of stroke, heart failure, osteoporosis and stomach cancer and kidney disease

If sodium levels fall in the blood, this affects brain activity. The person may feel sluggish and lethargic. May experience muscle twitches, followed by seizures, a loss of consciousness, coma, and death

**Ideal intake of salt**

Here are few of the recommendations made by popular health organizations

American Heart Association (AHA): 1550mg

Academy Of Nutrition And Dietetics (AND):1500-2300mg

The ideal intake always gets controversial but adding salt to your diet is necessary. The intake may vary from person to person but a calculated intake of salt in the diet is the ideal intake.

Enjoy Salted Food and stay Healthy