Pure, ordinary salt is simple. The scientific name for it is sodium chloride.

But the label on a salt box shows that table salt usually contains more than just sodium chloride.

**What Does “Iodized” Mean?**

Table salt often comes in “iodized” form — which means it includes a small amount of potassium iodide or sodium iodide. [Iodized salt is intended to supply us with the trace amount](http://indianapublicmedia.org/amomentofscience/more-salt-higher-blood-pressure/) we need of the chemical element iodine, which is necessary for the proper functioning of our thyroid gland.

An iodine-deficient diet leads to enlargement of the thyroid gland, a condition called goiter. Severe iodine deficiency during pregnancy is also dangerous to the child.

**Living Near The Sea Had Benefits**

Before iodized salt became available, people living near seacoasts got adequate iodine because seawater and coastal soil contain iodine compounds. On the other hand, people living inland or in mountainous country tended to have iodine-deficient diets and a high incidence of goiter.

After public-health investigators realized the connection between iodine deficiency and goiter, they looked for ways to insure that people living inland got the iodine they needed. The first iodized table salt was sold in Michigan in 1924.

**Keep It Stable**

Iodized salt needs another additive, a stabilizer, to keep the potassium iodide from breaking down and releasing iodine into the air in the salt box, giving the salt a chlorine-like odor. The type of sugar known as dextrose will do the job, and is often used as an iodide stabilizer.

纯净，普通的盐很简单。它的学名是氯化钠。

但是盐盒上的标签显示，食盐通常含有的不仅仅是氯化钠。

### “碘化”是什么意思？

食盐通常以“碘化”形式存在 - 这意味着它含有少量碘化钾或碘化钠。[碘化盐旨在为我们提供](http://indianapublicmedia.org/amomentofscience/more-salt-higher-blood-pressure/)我们需要的化学元素碘[的痕量](http://indianapublicmedia.org/amomentofscience/more-salt-higher-blood-pressure/)，这是我们的甲状腺正常运作所必需的。

碘缺乏的饮食会导致甲状腺肿大，这种情况称为甲状腺肿。怀孕期间严重的碘缺乏对儿童也是危险的。

### 住在海边有好处

在加碘盐之前，居住在海岸附近的人们得到足够的碘，因为海水和沿海土壤含有碘化合物。另一方面，生活在内陆或山区的人往往缺碘，饮食中甲状腺肿大。

在公共卫生调查人员意识到碘缺乏与甲状腺肿之间存在联系后，他们寻找方法确保内陆居民获得所需的碘。第一种碘化食盐于1924年在密歇根州销售。

### 保持稳定

碘化盐需要另一种添加剂，一种稳定剂，以防止碘化钾分解并将碘释放到盐箱中的空气中，使盐具有类似氯的气味。称为右旋糖的糖类型可以起作用，通常用作碘化物稳定剂。