

SALTS AND SALT SUBSTITUTES

Many salt varieties have anti-caking agents added so the salt flows freely and doesn't stick together. Generally, such ingredients make up a very small percentage of the weight of the product.

BRAND NAME	SODIUM PER ¼ TEASPOON	POTASSIUM PER ¼ TEASPOON	OTHER INGREDIENTS
Table salt (all brands)	570 mg	0 mg	Iodine (if iodized salt)
Also Salt Original	0 mg	356 mg	L-lysine mono-hydrochloride, calcium stearate
Bell's All Natural Seasoning	0 mg	0 mg	Rosemary, oregano, sage, ginger, marjoram, thyme, pepper
Benson's Table Tasty	0 mg	0 mg	Nutritional yeast extract, carrot, red bell pepper, onion, arrowroot, lemon, garlic, celery, dill, paprika, allspice, sweet basil, parsley
Diamond Crystals Salt Sense	390 mg	0 mg	Silicon dioxide, tricalcium phosphate
La Baleine sea salt	540 mg	0 mg	Sodium ferronitrile (only in the fine grain salt)
Lawry's Garlic Salt	240 mg	0 mg	Garlic, modified food starch, sugar, parsley, partially hydrogenated vegetable oil, carrot oil, garlic oil
McCormick Celery Salt	290 mg	0 mg	Celery seed
McCormick Onion Salt	450 mg	0 mg	Onion, sodium silico aluminate, onion oil
Morton Lite Salt	290 mg	350 mg	Calcium silicate, magnesium carbonate, dextrose, potassium iodide
Morton Salt Balance	440 mg	200 mg	Silicon dioxide, magnesium carbonate
Mrs. Dash Original	0 mg	10 mg	Onion, spices (black pepper, parsley, celery seed, basil, bay, marjoram, oregano, savory, thyme, cayenne pepper, coriander, cumin, mustard, rosemary), garlic, carrot, orange peel, tomato, lemon juice powder, citric acid, oil of lemon
Nu-Salt	0 mg	530 mg (per ½ teaspoon)	Less than 1% cream of tartar, silicon dioxide, and natural flavor
Old Bay 30% Less Sodium Seasoning	95 mg	0 mg	Spices and herbs, (including red pepper and black pepper), salt, paprika
Spike Vegit Magic	15 mg	15 mg	Yeast grown on blackstrap molasses, kelp, hydrolyzed vegetable protein, toasted onion, dill seed, white pepper, celery, parsley flakes, papain enzyme, mushroom powder, orange and lemon peel, oregano, sweet basil, marjoram, rosemary, thyme
Spike 5 Herb Magic	0 mg	0 mg	Sweet basil, oregano, marjoram, thyme, rosemary

Diabetes Self-Management, "Cutting Back on Sodium: Are Salt Substitutes the Answer?" by Julie Lichty Balay, MS, RD

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