

Salt Substitutes:

AN INFORMATIONAL GUIDE



WHICH SALT SUBSTITUTE OPTION IS RIGHT FOR ME?

The American Heart Association recommends limiting sodium to 2,300 mg a day or 1,500 mg a day for those sensitive to sodium or with hypertension (high blood pressure).

There are many different salt substitute options available to choose from. Some use only herbs/spices while others use potassium chloride. Use the list below to compare seven popular salt substitutes on the market today. And consult with your physician or registered dietitian about which option may be best for you.



Salt Substitute	Serving Size	Milligrams (mg) sodium per serving	Milligrams (mg) potassium per serving	Ingredients
Morton Salt Substitute- Salt Free	1/4 tsp	0	610	Potassium Chloride, Fumaric Acid, Monocalcium Phosphate and Silicon Dioxide
Morton Lite Salt	1/4 tsp	290	350	Salt, Potassium Chloride, Calcium Silicate, Magnesium Carbonate, Dextrose, Potassium Iodide
Mrs. DASH Original Blend	1/4 tsp	0	0	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
No Salt	1/4 tsp	0	640	Potassium Chloride, Potassium Bitartrate, Adipic Acid, Silicon Dioxide, Mineral Oil and Fumaric Acid
NuSalt	1/6 tsp	0	530	Potassium Chloride
Lo Salt: Reduced Sodium Salt	1/4 tsp	170	450	Potassium Chloride (66% min.) Sodium Chloride (33% Max.) Magnesium Carbonate
Bragg Nutritional Yeast Seasoning	1 Tbsp	0	0	Inactive Dry Yeast , Niacin (B3) , Pyridoxine HCl (B6) , Riboflavin (B2) , Thiamin HCL (B1) , Folic Acid , and Vitamin B12 .

*As a reference, 1 tsp of regular table salt = 2300 mg of sodium

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PRECAUTIONS WHEN USING SALT SUBSTITUTES

Salt and potassium are minerals that your heart and body need in order to function properly. However, certain medical conditions make it difficult for your body to remove excess sodium or potassium from your body. Over time, high levels of these minerals may lead to kidney disease, heart disease or stroke.

You should take precautions or avoid certain salt substitutes if any of the following applies to you:

- You have heart disease, kidney disease, liver disease, diabetes, or high blood pressure
- You are taking ACE inhibitors such as lisinopril, enalapril, benazepril
- You are taking potassium-sparing diuretics such as Amiloride, eplerenone, spironolactone, aldactone, triamterene

HOW DO SALT SUBSTITUTES TASTE?

If using a salt substitute with potassium chloride, you may notice a bitter, or metallic taste.

Salt substitutes that use herbs and spices will take on the flavor of the herbs and spices being used.

CAN I JUST REDUCE THE AMOUNT OF SALT I USE?

Absolutely! As long as you are keeping sodium within the recommended daily guidelines. In fact, sodium is necessary. According to the American Heart Association, the minimum physiological requirement for sodium is less than 500 mg a day — or less than the amount in one quarter of one teaspoon of table salt.

WHERE ELSE IS SALT NECESSARY?

Salt is also necessary when baking, as it helps yeast to ferment and keeps dough from getting too sticky.

Therefore, when substituting for salt in baking, do not substitute more than 20% of regular salt with a salt substitute.

NO-SALT SEASONING MIX

1 tsp each of garlic powder, onion powder, white pepper, smoked paprika, oregano, parsley, and turmeric

- Mix all ingredients together and store in an airtight container for up to 6 months.

