

## SALT

Salt, also known as table salt, or rock salt, is a crystalline mineral that is composed primarily of sodium chloride (NaCl), a chemical compound.

Salt for human consumption is produced in different forms: unrefined salt (such as sea salt), refined salt (table salt), and iodized salt. It is a crystalline solid, white, pale pink or light gray in color, normally obtained from sea water or rock deposits.

Salt is produced by evaporation of seawater or brine from other sources, such as brine wells and salt lakes, and by mining rock salt, called halite.

Most table salt sold for consumption contains a variety of additives, which address a variety of health concerns, especially in the developing world. The amounts of additives vary widely from country to country: Iodine and iodide. Fluoride. Anti-caking agents. Iron. Another additive, especially important for pregnant women, is folic acid.

The top five producers in 2002 were the United States (40.3 million tonnes), China (32.9), Germany (17.7), India (14.5), and Canada (12.3).

According to the USDA National Nutrient Database, 100g of table salt contains no calories, protein, fat, carbohydrates or fiber. One hundred grams of table salt contains 38,758mg of sodium. In addition, it also provides 24mg calcium, 8mg potassium, 2mg fluoride, 1mg magnesium, and less than 1mg iron, zinc, copper, manganese and selenium. Salt contains no vitamins.

The contents of your salt shaker will never spoil, regardless of whether it's basic table salt or sea salt. Simply store it in a cool, dry place and salt will keep indefinitely.

Typical salt, referred to as table salt, is sodium chloride. Salt, in the form of sodium, is necessary for the body's survival. If people are having allergic symptoms such as a swollen tongue or lips when eating something salty, it is most likely a reaction to the chloride. Because there are many different salts such as sea salt, a person may have a reaction to other ingredients. E.g. the following may be found in salt as anti-caking agents: Silicon dioxide, Sodium ferrocyanide, Magnesium silicate