Salt is Salt, Period.

Sea Salt is somewhat better, but it is still salt.

Sea salt and table salt have the same basic nutritional value — both mostly consist of two minerals — sodium and chloride. However, sea salt is often marketed as a more natural and healthy alternative. The real differences between sea salt and table salt are in their taste, texture and processing, not their chemical makeup.

Table Salt-added iodine and aluminum

Sea Salt-rich in natural minerals

Brings up **Bigger Nutritional Principle.**

We consume too much Salt.

Why Limit Salt Webpage

Only a couple hundred milligrams **(200 mg)** a day to stay healthy, but most people get far too much — mostly from sodium in processed foods.

On average, Americans consume between **3000 and 5000 mg** of sodium per day

So regardless of which type of salt you prefer, keep sodium consumption between **1,500 and 2,300** mg of sodium a day if you're a healthy adult, which is 30% of the population. People with high blood pressure, African-Americans and anyone middle-aged or older should aim for the low end of that range **< 1500 mg**.