

SALT

To meet the salt demand of our body : Other than plant source we take salt from different sources of food like animal foods and different kinds of salt is available in our nature.

There are three different things of salts which are used for edible purposes —

(i) Sea salt or Rock salt

(ii) Black salt

(iii) Table salt or Common salt

The main compound of these salts are sodium chloride (NaCl). Till date we come to know that 47 different kinds of compounds are found in sea salt. Among them 7 compounds are named below : —

Types of Compound

Chemical Name

- | | | | |
|-------|-----------|--|---|
| (i) | Chloride | <u>Sodium</u>
<u>Magnesium</u> | → NaCl , MgCl_2 |
| (ii) | Sulphate | <u>Magnesium</u>
<u>Potassium</u>
<u>Calcium</u> | → MgSO_4 , K_2SO_4 , CaSO_4 |
| (iii) | Bromide | <u>Magnesium</u> | → MgBr_2 |
| (iv) | Carbonate | <u>Calcium</u> | → CaCO_3 |

In sea salt or Black salt Magnesium (Mg) is superior in number just after sodium content.

100 ml of human blood contains 0.9 gm of Sodium Chloride NaCl which is found in the ionic form as Na^+ and Cl^- .

DOSE : — 'WHO' suggests 200 mg that is 2 gm of Sodium/day and the 'American Heart Assn' advises a lower intake 150 mg that is 1.5 gm sodium per day but now-a-days 2.3 gm is advise to all on a regular diet.

When this amount exceeds on a regular basis for a prolonged period creates an electrolyte imbalance in the blood. When water is absorbed from the body to maintain the blood osmolarity. In this condition water level in the blood raises up, ultimately creates pressure in the flow of blood which results in high blood pressure.

⊗ What is the difference between sea salt and table salt.

→ Table salt and sea salt are both useful when preparing food. Manufacturers mine table salt from salt deposit and processes it into a fine crystals when sea salt comes from evaporating sea water.

■ Many people believe that sea salt is healthier than the table salt as because it is natural source of sodium. Manufacturing strips table salt of other nutrient such as magnesium, calcium and potassium. However, producers satisfy table salt with iodine which is vital for thyroid hormone production.

■ Sea salt comes from evaporating, it is a natural source of sodium. Table salt comes from mining salt deposit. Manufacturers then process into a fine crystal that is easy to mix in food.

Chefs use sea salts in some recipes because of its coarse and texture. Some people are also preferred the stronger test of sea salts both contains 40% sodium.

A teaspoon contains 2300 mg of sodium.

The crystals of sea salt are larger so fewer crystals can fit in 1 teaspoon. Since, less sea salt can fit in the same volume. People may believe sea salt has less sodium than table salt.

Black Salt :- Also known as kala namak, is a clean-fine rock salt used in South Asia with sulphurous, pungent smell. It not only contains small amount of potassium which is crucial of muscle function but which is very effective in preventing painful muscle and cramps.

It is made from scrapping salt. Salt charred herbs, ash and iron at the bottom of the cauldron with salts.

Nutritional facts of Salts :-

Amount per 100 gms

• Calories 0

Classification of Blood Pressure

<u>BP Classification</u>	<u>Systolic Pressure (mm of Hg)</u>	<u>Diastolic Pressure (mm of Hg)</u>
• Low	< 90	< 60
• Normal	< 120	< 80
• Pre-hypertension	120 - 139	80 - 89
• Stage I hypertension	140 - 159	90 - 99
• Stage II hypertension	≥ 160	≥ 100
• Stage III hypertension	≥ 180	≥ 110