Shopping for LID-Safe Salt

How to read salt labels to find LID-safe salt:
Salt without iodine is safe to use, so long as it is not sea salt. Here are some examples of what to look for, and what to avoid when shopping:

**LID-safe salts:**

- **Example of safe plain salt**

- **Example of safe Kosher salt**

**Salts to avoid:**

- **Example of iodized salt**

- **Example of sea salt**

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