

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:

Nutrition Facts	
Serving Size 1/4 tsp (1.5g)	
Servings Per Container 491	
Amount Per Serving	
Calories 0	
	% Daily Value*
Total Fat 0g	0%
Sodium 590mg	25%
Total Carbohydrate 0g	0%
Protein 0g	
*Percent Daily Values are based on a 2,000 calorie diet.	
SALT, CALCIUM SILICATE (AN ANTICAKING AGENT)	

Example of safe plain salt

Nutrition Facts	
Serving Size 1/4 tsp (1.2g)	
Servings Per Container 1133	
Amount per serving	
Calories 0	
	% Daily Value*
Total Fat 0g	0%
Sodium 480mg	20%
Total Carbohydrate 0g	0%
Protein 0g	
*Percent Daily Values are based on a 2,000 calorie diet.	
INGREDIENTS: SALT, YELLOW PRUSSATE OF SODA (ANTICAKING AGENT).	

Example of safe Kosher salt

Salts to avoid:

Nutrition Facts	
Serving Size 1/4 tsp (1.5g)	
Servings Per Container 491	
Amount Per Serving	
Calories 0	
	% Daily Value*
Total Fat 0g	0%
Sodium 590mg	25%
Total Carbohydrate 0g	0%
Protein 0g	
Iodine	45%
Not a significant source of calories from fat, saturated fat, <i>trans</i> fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	
SALT, CALCIUM SILICATE (AN ANTICAKING AGENT), DEXTROSE, POTASSIUM IODIDE	

Example of iodized salt

Nutrition Facts	
Serving Size 1/4 tsp (1.4g)	
Servings Per Container 357	
Amount per serving	
Calories 0	
	% Daily Value*
Total Fat 0g	0%
Sodium 560mg	23%
Total Carbohydrate 0g	0%
Protein 0g	
*Percent Daily Values are based on a 2,000 calorie diet.	
INGREDIENTS: SEA SALT , YELLOW PRUSSATE OF SODA (ANTICAKING AGENT).	

Example of sea salt