

7 Salty Myths Busted

MYTH: Eliminate sodium completely for good health.

Sodium is an essential nutrient that controls blood pressure and is needed to make nerves and muscles work properly, but you need the right amount.



MYTH: Lower sodium foods have no taste.

MYTH: Sea salt has less sodium than table salt.

Sea salt is popular, but it usually isn't any less salty. Just like table salt, it typically contains 40% sodium.

MYTH: