Salt Swaps

Be careful of substances used to replace sodium.

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Folks trying to cut back on sodium in their diet may be tempted to reach for salt substitutes. But these replacement products may not be the healthiest choice for some.

Many salt substitutes replace ordinary table salt (sodium chloride) with potassium chloride, a salty chemical compound. But this combo can be harmful for individuals with kidney or heart problems because excess potassium can build up in the blood, which can lead to sudden death.

Ideally, the best way to reduce sodium intake is to season foods with a variety of flavorful herbs and spices, such as tarragon, oregano, fresh garlic, ground pepper, garlic powder, lemon juice, infused vinegars and blended salt-free condiments that add zest to favorite dishes.

The preference for salt is learned, “meaning you can unlearn your craving,” notes the Cleveland Clinic. What’s more, once taste buds become used to new flavors, salt most likely won’t be missed.

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