

## 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:

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

Example of safe plain salt

<b>Nutrition Facts</b>	
Serving Size 1/4 tsp (1.2g)	
Servings Per Container 1133	
Amount per serving	
<b>Calories 0</b>	
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 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:

<b>Nutrition Facts</b>	
Serving Size 1/4 tsp (1.5g)	
Servings Per Container 491	
Amount Per Serving	
<b>Calories 0</b>	
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 0g	
<b>Iodine</b>	<b>45%</b>
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, <b>POTASSIUM IODIDE</b>	

Example of iodized salt

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

Example of sea salt