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 iodized salt]

![Example of safe Kosher salt]

**Salts to avoid:**

![Example of sea salt]