

Mayo Clinic Minute: Is Himalayan sea salt a healthy alternative?

Consuming too much salt can lead to serious health conditions, including high blood pressure, heart disease and stroke.

Many consumers are turning to Himalayan sea salt, which can now be found in almost any grocery store. Claims are Himalayan salt and other sea salts are a healthier alternative than regular table salt.

Are the claims true?

Dr. Regis Fernandes, a Mayo Clinic cardiologist, says before you stock up on Himalayan sea salt, there are some things you should know.

Video	Audio
	Himalayan sea salt has become popular among consumers looking to get healthy. The salt often comes in pinkish-colored crystals along with claims it contains special healing properties. But Mayo Clinic's Dr. Regis Fernandes says, when compared to regular table salt, Himalayan sea salt is basically the same thing.
Regis Fernandes, M.D. Cardiovascular Medicine Mayo Clinic	"Salt is sodium chloride, and Himalayan salt, pink salt, rock salt or sea salt, all of these are also sodium chloride."
	The American Heart Association recommends healthy adults consume no more than 2,300 milligrams of sodium chloride per day. That's the equivalent of about one teaspoon of regular table salt.
	"One teaspoon of rock salt, sea salt or Himalayan salt has 2,000 milligrams, so they're very close. So it's important not to overuse those."
	The best choice he says is to limit your sodium intake altogether. For the Mayo Clinic News Network, I'm Marty Velasco Hames.