

SEPTEMBER/OCTOBER

## READY MADE SALT FACTS

Verner Wheelock's substantial tome, *ALL YOU EVER WANTED TO KNOW ABOUT SALT* (call 01756 700802), not only sets out the arguments for and against salt, but provides telling evidence that most of the 6g of salt that you should eat daily will have been provided by your bread, cereal or ready made pie long before you get round to adding your Solo, LoSalt or SeaGreens! Viz. - from all major retailers!

<i>Cumberland Pie</i>	7.5g salt per portion
<i>Tuna pizza</i>	5.3g salt per portion
<i>Plain Naan bread</i>	2.9g salt per portion
<i>Cornflakes</i>	1g salt per portion
<i>Fresh sponge cake</i>	2g salt per portion

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# TASTING... TASTING...

The current interest in salt and what it does (or does not do) to our health prompted us to sit this month's tasters down to a salty feast. Simon Wright, our food technologist was joined by Jack Winkler who has campaigned long and hard on the salt issue (see IS June 98), our editor, a psychotherapist and a group of theatricals: a TV producer, an actor and a television journalist - and self avowed salt freak.

The tasting was blind and focused on the taste of the products, not their potential health benefits. The six products included a sea salt, Saxa table salt, a new seaweed product from Norway, a potassium salt (Ruthmol), a reduced sodium alternative (LoSalt) and a low sodium mineral sea salt (Solo).

The most striking result of the tasting - apart from the huge variation in people's reactions to nearly all the products - should be encouraging for the low sodium lobby. With the exception of the 'naked' sea salt, our tasters often preferred the alternatives to the 'real' salts - see their comments below.

It was also apparent that some some products needed cooking. The SeaGreens and Solo for example rated well in the oatcakes where they were cooked in the food but badly in the soup and the mayonnaise when they were added at the end. Had they been cooked in the soup they might have fared better.

In health terms, 1 gram of salt (sodium chloride) contains 397mg (39.7%) of sodium.

LoSalt contains 13.22% sodium plus 66% potassium chloride & .6%

magnesium carbonate. Available most high street stores & multiples. Solo, evaporated from Icelandic seawater by geothermal energy, has 16.28% sodium, 41% potassium chloride, 17% magnesium salts & 1% trace minerals. From Europa, Cullens, Asda & the Co-op.

Ruthmol has less than 0.1% sodium being made up of potassium chloride (23.8%), lactose (NB dairy intolerants), maize starch & ammonium chloride. Available from chemists & health food stores.

SeaGreens, organic seaweeds harvested in arctic waters 100km north west of Norway (which can also be taken as a nutritional supplement) contains 3.5% Sodium, 2.5% potassium & 2% calcium plus an extensive range of other nutrients. Available as dried pieces for a table grinder or ready granulated for cooking, from health stores & delicatessens.

BRAND (alphabetically)	SOUP	MAYONNAISE	OATCAKES	'NAKED'
LOSALT	1 x 'the best soup' 4 x 'salty but short on flavour' 1 x 'yuck'	1 x 'the best mayo' 2 x 'strong but good' 2 x 'too salty' 1 x 'horrid'	1 x 'best oatcake' 2 x 'good' 3 x 'OK'	1 x 'OK but not strong enough' 2 x 'salty but sharp' 2 x 'very bitter' 1 x 'horrid'
RUTHMOL	2 x 'insipid - no bite' 2 x 'sharp/bitter' 2 x 'odd'	1 x 'OK' 2 x 'insipid' 2 x 'sharp/bitter' 1 x 'yuck'	3 x 'OK' 1 x 'bland' 1 x 'bitter' 1 x 'yuck'	3 x 'bitter/acid' 1 x 'strong' 1 x 'odd' 1 x 'foul'
SAXA	3 x 'best soup' 2 x 'salty but no flavour' 1 x 'flavour but not salty'	1 x 'best mayo' 3 x 'OK' 1 x 'bitter' 1 x 'insipid'	1 x 'best oatcake' 3 x 'OK' 2 x 'boring/bland'	2 x 'very salty' 2 x 'OK' 1 x 'bitter' 1 x 'sharp'
SEA GREENS	6 x 'bland'	1 x 'best mayo' 5 x 'bland'	2 x 'best/yummiest oatcake' 4 x 'good/OK'	2 x 'OK/interesting' 1 x 'very strong' 1 x 'bland' 1 x 'yuck'
SEA SALT	3 x 'lacked flavour' 1 x 'rounded' 1 x 'soapy' (salt freak) 1 x 'astringent'	2 x 'OK' 1 x 'sharp but pleasant' 3 x 'bitter/acid'	1 x 'excellent' 5 x 'too salty'	6 x 'good/tastes like salt / great'
SOLO	1 x 'good' 5 x 'bland, lacks bite'	2 x 'OK' 1 x 'bland' 3 x 'a bit bitter'	2 x 'very good' 3 x 'OK' 1 x 'yuck'	1 x 'just like salt' (salt freak) 2 x 'OK but bit boring' 3 x 'bitter/strong'
<b>COST/100G:</b>	LOSALT (Klinge Foods - 01355 238464) - 27p SEA GREENS (01444 400403) - £5.32		RUTHMOL (Larkhall Green Farm - 0181 874 1130) - £1.90 SOLO (Low Sodium Sea Salt Co - 0181 402 6079) - 33p	

01444-400403