

What About Salt?

- The following menu has 778 gr sodium coming from food sources.
- Recommended amount is 1500 mg/day

Celtic Sea Salt or Himalayan or Real salt $\frac{1}{4}$ teaspoon

- $\frac{1}{4}$ teaspoon has 75 trace minerals
- $\frac{1}{4}$ teaspoon has 458 gr sodium

You could add approximately $\frac{1}{2}$ teaspoon Celtic Sea Salt to your food