

Is the Salt You Eat Healthy? @krishashok aka Masala Lab

3 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=J6FVJGQE_QY](https://www.youtube.com/watch?v=J6FVJGQE_QY)

https://www.youtube.com/watch?v=jGfVjgQE_QY

SUMMARY

The discussion emphasizes the importance of iodine in diets, particularly for vegetarians, and critiques the common misconceptions surrounding various types of salts. While many people opt for specialty salts like pink or black salt, the speaker warns that these often lack essential nutrients like iodine, which is crucial for preventing thyroid issues and supporting brain development.

- Many specialty salts (e.g., pink, black) contain 98% sodium chloride and only 2% other minerals, offering negligible health benefits.*
- The flavor differences in salts are more significant than their nutritional value; texture and taste vary, but not health benefits.*
- Historically, vegetarians in India faced iodine deficiencies, leading to serious health issues, prompting the iodization of salt.*
- Iodine is primarily found in animal products, making it a concern for vegetarians who may not get enough from their diets.*
- Pink salt, often marketed for its health benefits, does not naturally contain iodine unless it is iodized.*
- Regular consumption of iodized salt is recommended, especially for those following a vegetarian diet.*

in the 1930s and 40s we recognized that these vegetarians had a serious problem they were not getting enough iodine parenting tips celebrity interviews recipes conversations with experts DIYs and lots more subscribe to kidstop press now hi everyone and welcome to kidstop press you know when you are cooking in the kitchen what happens is that we all have um a little advice that comes on from mothers

grandmothers and we kind of Just Go With It Like You know the CH cup you put the portley in the Chana or you have a chalk and you there's a particular way of doing it but there's a science behind it and I have somebody with me who is going to make that and he's going to tell us how that happens and what is the science behind all of this and actually everything that happens in the kitchen

is based on science and we don't even think about it so let's dive into it because I'm super excited to get to know what else he has to say there are so many different kinds of salts pink salt black salt Himalayan salt which one do you think works or doesn't work yeah I mean sort of let me go back to the the mathematical point I made about denominators the first question to ask is how what percentage of pink salt is

sodium chloride and it turns out to be 98% oh right so 2% of pink salt is all of these other fancy things right the

next question is how much salt you use when you make a dish know a tablespoon tea teaspoon or couple of teaspoons right for an entire dish so think about 2% of that is the amount of minerals you're getting that is not even a rounding error so therefore you're just paying through the roof for zero

benefits it's just salt right the only variations can be in flavor right because the salts can be rough and textured right so C salt has a more coarser texture your your DIY kind of salt has a thick sort of this thing then you have your black salt has a sulfurous smell which we use like in chat Masala smells of eggs and so on right and pink but but the point is that I think again you are simply not getting you're

getting such a tiny amount of those things that it's absolutely it's completely irrelevant and trivial so so in that sense that and here's another danger India has a large number of vegetarians relative to other parts of the world right and in the 1930s and 40s we recognized that these vegetarians had a serious problem they were not getting enough iodine and so poorer children were uh having you know these guerd and these thyroid issues which actually affects brain development

when when you're so it's a serious issue and that's the reason why worldwide uh people started to iodize salt right and add that sodium iodite so that way salt is being used every day you and you don't need much and it's there these other fancy salts are unless you pay attention they're not iodized yes right and these vegetarian people using these fancy salts they're risking they're taking these serious IR responsible risks so I would actually tell them by

all means you're making some fancy dish use that but on your day-to-day basis please use IOD Sal or buy one of those pink salts that is iodized yeah we don't realize and I didn't realize this for a while that pink salt actually does not contain I no not naturally unless you add it right because again so pink salt comes from a all pink salt in the world comes from one mine in Pakistan all pink salt that's why they call it himal and

pink Sal because you know they don't want to call it Pakistani pink salt for Branding reasons but it all comes from there right and um it again it's very far away from the sea iodine is something that you find closer to the sea in fish and eggs and uh and so on so iodine natural sources of iodine not plants all animals so if you're vegetarian you have a problem so that is why we decided to iodi Salt right

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