

What's the Shake on All the Different Types of Salts?

Salts, now more than ever, are available in many different types. Salt is a natural mineral that can be found all over the world. Depending on the type of salt, they may contain different chemical compounds and come from different areas such as seawater or from different rock formations.



Salt is made from sodium and chloride. Salt is used for enhancing flavors and preserving foods. Different types of salts have different properties that can affect food's flavor or performance.

Salt can be grouped into three categories for consumption: fine salt, rock salt, and sea salt. Each of the categories has a list of salts that fall within its category.

Fine salt is a salt that is in small fine grains that come from salt brines. Fine salts are the most inexpensive and come from pumping water through the earth in order to dissolve and pull out the salt. The water (brine) is brought to the surface and the water is evaporated. Fine salt is the most popular to find in most cabinets across America.

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



Fine salts are listed as table salt, salt powder, canning/pickling salt, and popcorn salt. Table salt can be used for all purposes, table use, cooking, and baking. It is considered to be great for all purposes. Salt powder (also known as flour salt) is even finer than the classic table salt but is not recommended for baking. Canning or pickling salt is used in the preservation of foods. It is not recommended for table use or baking but is fine for cooking, it is more concentrated. Popcorn salt is the last for the fine salts. Popcorn salt is not recommended for anything other than giving additional flavors to foods like popcorn that are already cooked. Popcorn salt can be found in a range of flavors.

Rock salt is a salt that had been taken from underground salt mines. The salt is crushed and then used for foods. Rock salts contain more natural minerals and elements. Rock salts have different flavor profiles depending on the kind. The types of rock salts include; Himalayan salt, Kosher salt, curing salt, and pretzel salt. Himalayan salt is considered the most pure salt in the world and contains 84 minerals that are found in the human body. Himalayan salt is pink in color and is a great choice as a flavor enhancer. It can be used for all purposes just like regular table salt. Kosher salt is used in Jewish cooking because of the food guidelines it must follow. Kosher salt has large coarse grains and can also be used for all purposes when cooking. Curing salt, on the other hand, is not recommended for table use or baking. It is mainly used to remove toxins from meats before cooking. It has large coarse grains and sometimes has a pink color. Pretzel salt is something that is known by most. Pretzel salt is large and a rectangular shape and is used for topping the soft pretzel. Unfortunately, that is this salt's sole focus and is not good for cooking or baking because it does not melt with high heat.

Lastly, is sea salt. Sea salt is a salt that is taken out of the ocean and the water is evaporated out. Large crystals form when the evaporation takes place. It creates a light and flaky product and is considered to be gourmet salt. It contains minerals and nutrients from the sea. Flaked sea salt is the most popular type and is not recommended for table use, baking, or cooking. It is used as a finishing on dishes like meats or baked goods. Other types of sea salt are smoked salt, Hawaiian salt, and Celtic salt that can be used for table purposes and for cooking but are not recommended for baking.

Salt has become more diverse over the years, making choosing one harder to do. If trying to experiment with different salts, knowledge is key to understanding which one to select for your purpose.

Salt and Salt Substitutes

Product	Serving Size	Milligrams (mg) of Sodium Per Serving	% Daily Value for Sodium	Ingredients	Possible Uses
 Iodized Table Salt	1/4 Teaspoon	590	25	Salt, Sodium Silicoaluminate, Dextrose, Potassium Iodide, Sodium Bicarbonate	Flavor Enhancer, Everyday Cooking
 Kosher Salt	1/4 Teaspoon	480	20	Salt, Anti-Caking Agent	Flavor Enhancer, Everyday Cooking
 Flaky Sea Salt	1/4 Teaspoon	580	24	Sea Salt Flakes	Flavor Enhancer, Everyday Cooking, Great Finishing Salt
 Morton Salt Mixture Lite	1/4 Teaspoon	290	12	Iodized Salt and Potassium Chloride	Salt Substitute, Use in Foods that Will Hide its Metallic Taste
 Morton Salt Substitute	1/4 Teaspoon	0	0	Phosphate, Monocalcium Phosphate	Salt Substitute, Use in Foods that Will Hide its Metallic Taste
 NoSalt Salt Substitute	1/4 Teaspoon	0	0	Potassium Chloride, Potassium Bitartrate, Adipic Acid, Silicon Dioxide, Mineral Oil, Fumaric Acid	Salt Substitute, Use in Foods that Will Hide its Metallic Taste
 Nu-Salt Salt Substitute	1 Packet	0	0	Potassium Chloride, Cream of Tartar, Silicon Dioxide, Natural Flavor	Packets Make It Easy to Transport, Good for Adding Salty Taste to Foods While on the Go, Use in Foods that Will Hide its Metallic Taste
 AlsoSalt	1/4 Teaspoon	0	0	Potassium Chloride, L-Lysine	Cooking and Baking
 Diamond Crystal Iodized Salt Sense	1/4 Teaspoon	390	17	Mono-Hydrochloride, Calcium Stearate, Salt, Silicon Dioxide, Tricalcium Phosphate, Sodium Bicarbonate, Dextrose, Potassium Iodide	Does Not Have Metallic Taste, Good for Cooking and Baking
 Mrs. Dash Seasoning Blend, Table Blend, Salt Free	1/4 Teaspoon	0	0	Onion, Spices, Garlic, Orange Peel, Carrot, Lemon Juice Powder, Tomato, Red Bell Pepper, Citric Acid, Oil of Lemon	Flavor Enhancer, Finishing Salt, Good for Savory Dishes

FRUIT—GOOSEBERRY

Gooseberries are a fruit that resembles grapes but are closely related to currants. Most often, the gooseberries are found in a light green color but they can also be red or yellow too. Gooseberries can be found in sour or sweet varieties. The sour berries are used in pies, puddings, jams, and other recipes. Many of the products that are made with the sour gooseberries contain added sugar to sweeten them up. The sweet ones can be eaten fresh or in recipes as well. As for nutrition, the berries contain notable amounts of fiber, vitamin C, vitamin A, potassium, and manganese.

Gooseberries grow in many different kinds of soil. The gooseberry plant can self-pollinate meaning you only need to plant one. The gooseberry plant is a thorny bush that could easily be grown in the garden, along a fence, or in a container. If purchasing the gooseberries instead of growing them, the local farmers' markets may carry them in the warmer months.

Fun Fact: Gooseberries at one time were banned from being grown because they were a host to a white pine blister rust and it caused chaos to the lumber industry. Some local or state restrictions may still have a ban for growing gooseberries.



Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Gooseberries, raw

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

82%	11%	7%
Carbs	Fats	Protein

Estimated Glycemic Load

3

0 250

Typical target total is 100/day or less

[What is this?](#)

NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★☆☆☆

The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Vitamin A, Potassium and Manganese, and a very good source of Dietary Fiber and Vitamin C.



Gooseberries, raw

Serving size: 1 cup (150g) ▼



NUTRITION INFORMATION

Amounts per 1 cup (150g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	66.0 (276 kJ)	3%
From Carbohydrate	54.3 (227 kJ)	
From Fat	7.3 (30.6 kJ)	
From Protein	4.4 (18.4 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	15.3 g	5%
Dietary Fiber	6.4 g	26%
Starch	~	
Sugars	~	

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.9 g	1%
Saturated Fat	0.1 g	0%
Monounsaturated Fat	0.1 g	
Polyunsaturated Fat	0.5 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	69.0 mg	
Total Omega-6 fatty acids	406 mg	

Learn more about these fatty acids and their equivalent names

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.3 g	3%

More details ▼

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	435 IU	9%
Vitamin C	41.6 mg	69%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.6 mg	3%
Vitamin K	~	~
Thiamin	0.1 mg	4%
Riboflavin	0.0 mg	3%
Niacin	0.4 mg	2%
Vitamin B6	0.1 mg	6%
Folate	9.0 mcg	2%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.4 mg	4%
Choline	~	
Betaine	~	

More details ▼

Minerals

Amounts Per Selected Serving		%DV
Calcium	37.5 mg	4%
Iron	0.5 mg	3%
Magnesium	15.0 mg	4%
Phosphorus	40.5 mg	4%
Potassium	297 mg	8%
Sodium	1.5 mg	0%
Zinc	0.2 mg	1%
Copper	0.1 mg	5%
Manganese	0.2 mg	11%
Selenium	0.9 mcg	1%
Fluoride	~	

Recipe– Gooseberry Crumble

Ingredients

Gooseberry Base

- ♦ 5 cups gooseberries
- ♦ 1/4 cup sugar
- ♦ 1 tablespoon lemon zest or orange zest
- ♦ 2 tablespoons lemon juice or orange juice
- ♦ 1 1/2 tablespoons corn-starch
- ♦ Baking spray or butter (to grease dish)

Crumble

- ♦ 2/3 cup all-purpose flour
- ♦ 1/3 cup brown sugar
- ♦ 1/4 tsp ground cinnamon
- ♦ Pinch ground nutmeg
- ♦ Pinch salt
- ♦ 1/3 cup (5 tablespoons) cold unsalted butter, cubed



Directions


1. Preheat oven to 350 degrees Fahrenheit. Grease a 9 to 10-inch round baking dish (or similarly sized baking dish) with baking spray or butter and set aside.
2. To a bowl, add gooseberries, sugar, zest, juice and cornstarch, stirring to combine. Pour into prepared dish. Set aside.
3. To make crumble, in a bowl, whisk together the flour, sugar, cinnamon, nutmeg and salt. Add cold butter to the crumble. Use a pastry cutter (or two knives) to cut butter into the flour mixture until you have coarse crumbles and some but-tery clumps.
4. Sprinkle crumble over gooseberries. Place the dish on a baking tray to catch any spills that may happen (makes for easier clean up). Bake 50 minutes or until bubbly and the top is golden brown and crispy.
5. Carefully remove from the oven and allow to cool 30 minutes or so before serving. This allows the crumble to set up and cool down.
6. Enjoy a piece as is or with ice cream. Drizzle gooseberry juices/syrup over top for an extra punch of flavor!

Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

REBUS FOR YOU !

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1. FACE	2. EGG EGG HAM
3. BUR	4 THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...
5. TEEF FEET TEEF	6. FAMILY  SHEEP
7. po FISH nd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. TIME a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK

JUNE 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Dare Day	2 National Rocky Road Day	3 World Bicycle Day	4 Applesauce Cake Day	5 National Trails Day
6 National Frozen Yogurt Day	7 National Chocolate Ice cream Day	8 Best Friends Day	9 Donald Duck Day	10 Herb and Spices Day	11 National Corn on the Cob Day	12 National Jerky Day
13 Sewing Machine Day	14 Flag Day	15 National Prune Day	16 Fresh Veggies Day	17 Eat Your Vegeta- bles Day	18 Internation- al Picnic Day	19 National Kissing Day
20 Father's Day	21 Internation- al Yoga Day	22 National Onion Ring Day	23 Let It Go Day	24 National Hand- shake Day	25 National Food Truck Day	26 For- giveness Day
27 National Onion Day	28 Paul Bunyan Day	29 Waffle Iron Day	30 Meteor Day			

June Monthly Observances

- Aquarium Month
- Candy Month
- Dairy Month
- Fight the Filthy Fly Month
- Great Outdoors Month
- National Adopt a Cat Month
- National Fresh Fruits and Vegetables Month
- National Iced Teas Month
- Rose Month
- Turkey Lovers Month

Health Motivator Tips

June

Vitamin D

By Andi Hoover, WVU Extension Agent – Greenbrier County

Monthly Challenge: Make sure to eat the appropriate amount of vitamin D foods each day. Try to spend at least 20 to 30 minutes in direct sunlight several times a week.



Health Motivator Talking Points

- Vitamin D helps maintain healthy bones. Calcium can only be absorbed when vitamin D is present; therefore, both are needed for bone growth and remodeling.
- Vitamin D helps with immune function and the reduction of inflammation.
- Research has shown that vitamin D may play a role in protecting you from diseases, such as diabetes, heart disease, depression, osteoporosis and certain types of cancer.
- It is the 'sunshine vitamin' – your body makes vitamin D when in contact with sunlight. People may not get enough vitamin D due to cloudy days, sunscreen, clothing, etc.
- Vitamin D is found in some foods and added to other foods, such as fortified milk and cereal, egg yolks, butter, liver and fish oils and fatty fish, such as tuna, sardines, mackerel and salmon (canned tuna is easy to stock up on and fairly inexpensive).
- Vitamin D deficiencies can cause osteoporosis, brittle bones and increase your risk of fractures. A lack of vitamin D can affect your immune system and your nervous system.
- Those at risk for vitamin D deficiency are individuals who have dark skin, older adults, individuals with digestive diseases that result in malabsorption and individuals with limited sun exposure.
- Because Vitamin D is an important nutrient, talk to your doctor if you are concerned about your intake.

Quick Club Activity:

Look at five or six food labels (items from your home) and see if vitamin D is listed. Is "fortified with vitamin D" written on the package anywhere?

If it is a sunny day, have club members walk outside, and let the sun hit their skin (arms, legs, face) for two to three minutes.

Learn More

www.mayoclinic.org/drugs-supplements-vitamin-d/art-20363792

www.hsph.harvard.edu/nutritionsource/vitamin-d/
www.healthline.com/nutrition/vitamin-d-deficiency-symptoms
www.healthline.com/nutrition/9-foods-high-in-vitamin-d#1
www.healthline.com/nutrition/vitamin-d-101#interaction

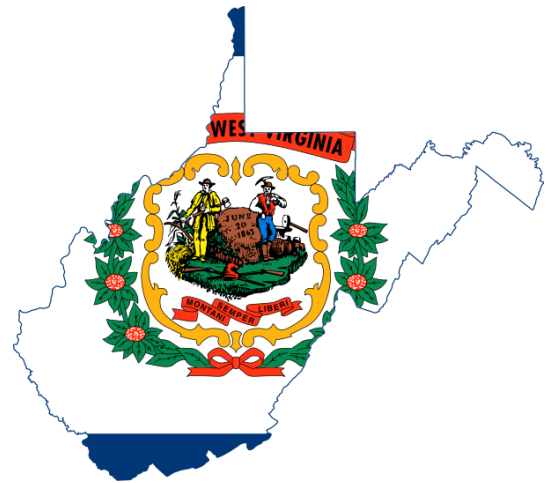


Chuckle of the Month:

A mother went into a pharmacy and said to the pharmacist "I would like vitamins for my son."
 "Vitamin A, D or K?" the pharmacist asked.
 "It doesn't matter," the mother replied.
 "He can't read yet."

WEST VIRGINIA BUREAU OF SENIOR SERVICES

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Brain Exercise Answers

- | | |
|------------------------------|------------------------------|
| 1. Red in the face | 2. Green Eggs and Ham |
| 3. Backrub | 4. All thumbs |
| 5. Two left feet | 6. Black sheep of the family |
| 7. Big fish in a little pond | 8. Tennis shoes |
| 9. Long time, no see | 10 All in a day's work |

This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.