

The Uses for Salt

	Table Salt Plain	Table Salt Iodized	Salt Balance™*	Coarse Kosher Salt	Sea Salt Fine	Sea Salt Coarse	Popcorn Salt	Lite Salt™ Mixture*	Salt Substitute*	Canning and Pickling Salt	Ice Cream Salt
At-the-Table Seasoning	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Cooking	✓	✓	✓	✓	✓	✓		✓	✓	✓	
Baking	✓	✓	✓		✓			✓		✓	
Finishing Salt for Prepared Foods				✓		✓					
Popcorn, French Fries, Corn on the Cob	✓	✓	✓		✓		✓	✓	✓		
Salt Encrusting Recipes (paste)				✓							
Baking Meat, Fish or Poultry in Salt				✓		✓					
Marinades	✓	✓	✓	✓	✓			✓		✓	
Rubs				✓		✓					
Canning and Pickling				✓						✓	
Brining				✓						✓	
Salt-Rimmed Glasses				✓							
Koshering Meat and Poultry				✓							
Salt Toppings for Bagels, Soft Pretzels and Breadsticks				✓		✓					
Dough Art and Crafts	✓	✓								✓	
Making Ice Cream											✓

*Consult a physician before using any salt substitute or if on a sodium or potassium restricted diet.