



Salt Substitutes Are Not for Everyone

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Are salt substitutes good for monitoring sodium in food choices? That depends. Salt substitutes aren't appropriate—and may not be healthful—for everyone.

Many salt substitutes contain potassium in place of all or some sodium. For some people, potassium consumed in excess can be harmful. For example, those with kidney problems may not be able to rid their bodies of excess levels of potassium.

If you're under medical care—especially with a kidney problem—check with your doctor or a registered dietitian before using salt substitutes.

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