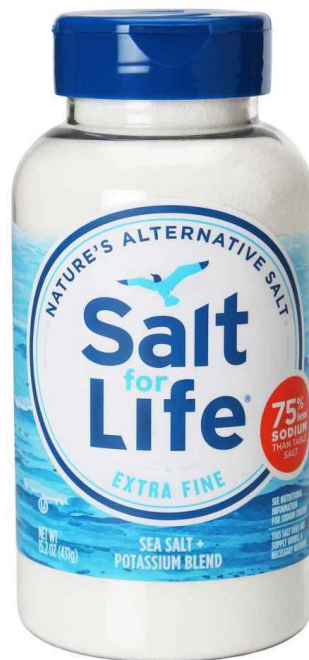


12 Food Groups You Should NOT Give Up in the New Year!

By Rania Batayneh of *Essential Nutrition for You*



12 of 13

Salt

Most healthcare professionals will tell you to avoid salting your foods, and this may leave you feeling blah about the scrambled egg or chicken breast you just prepared. While I am not suggesting you douse your food with [salt](#), it should be noted that [salt](#), in moderation, is actually an important mineral in your diet. Not only is it responsible for carrying nutrients into and out of your cells -- which allows you to maintain your acid-base balance -- it also plays a role in supporting the function of your adrenal glands, which produce dozens of vital hormones.

My Pick: [Salt for Life](#). Unlike table salt which is a combination of sodium and chloride, Salt for Life replaces sodium with potassium salt - another important nutrient for the body. Salt for Life offers the same taste of salt that you love with 75% less sodium. You can use this in place of salt in any recipe as well as directly on your food.