



SALT

In this text, I want to talk about salt. I will speak about its benefits and its dangers if it is consumed in excess. I will also talk about the chemical part of salt.

Salt is a spice that is mostly used for cooking. The salt gives “flavour” to the food. Many people think salt is harmful to humans, but in fact salt is only harmful to the human being if it is consumed in excess. One of the benefits of salt is that it helps to lose weight. The salt creates digestive juices in the body, which means that the meals consumed will be divided into faster degrees. Excessive intake can lead to problems such as hypertension, kidney problems, osteoporosis, and loss of taste, autoimmune diseases, ageing and a high death rate. In this moment, the Portuguese govern is trying to reduce the amount of salt or sugar I n the aliments. Finally, in chemistry salt is called sodium and its chemical formula is **Na**.