

Salt Free Pickle / Sodium Chloride Free Pickle?

Most people eat much more sodium (salt) than they need. This can lead to health problems like high blood pressure. A main source of sodium is table salt. In fact, your body needs only 1 teaspoon (4-5 grams) of salt every day. Sodium is found naturally in foods, but a lot of it is added during processing and preparation. Many foods that do not taste salty may still be high in sodium. Large amounts of sodium can be hidden in canned, processed and convenience foods. And sodium can be found in many foods that are served at fast food restaurants.

Sodium controls fluid balance in our bodies and maintains blood volume and blood pressure. Eating too much sodium may raise blood pressure and cause fluid retention, which could lead to swelling of the legs and feet or other health issues.

When limiting sodium in your diet, a common target is to eat less than 2,000 milligrams of sodium per day.

Jog Gruha Udyog has developed pickles using potassium chloride instead of sodium chloride in the preparation with a brand name SF Pickles. No such product is available in market at present. In our today's food pattern, we consume lot more sodium than its recommended intake and lot less potassium than its recommended intake. SF pickles will help to correct it by reducing sodium intake and by increasing potassium intake.

The patent has been granted by Mumbai Patent Office in July 2015 and The process is ready for licensing for manufacture.

