

Sea Salt vs Table Salt (vsdiff.com)

Attribute	Sea Salt	Table Salt
Source	Evaporated seawater (coastal pans, solar ponds)	Mined halite or purified brine
Processing	Minimal to moderate (evaporation, sometimes rinsing)	Refined & often anti-caking agents added
Typical NaCl (% by weight)	Approximately 78%–99% (varies by brand)	Approximately 97%–99%
Minerals & trace elements	Small amounts of magnesium, calcium, potassium , visible crystals	Mostly sodium chloride ; trace minerals removed
Iodization	Usually <i>not</i> iodized	Often iodized (added iodine for public health)
Grain texture	Coarse, flaky, variable	Fine, uniform
Typical culinary use	Finishing, texture, specialty recipes	General cooking, baking, table use
Price	Generally higher per weight (artisanal varieties more)	Lower per weight, widely commoditized

Source: <https://vsdiff.com/sea-salt-vs-table-salt/>