



PLEASING THE PALATE

TIPS TO PREPARE TASTY FOOD WITHOUT THE SALT



COOKING TIPS

- Use fresh ingredients and/or foods packaged with no salt added.
- For favorite recipes, you may need to substitute some ingredients and delete or decrease the salt added. Salt can be removed from any recipe except for those containing yeast.
- Avoid convenience foods such as canned soups, entrees, and vegetables, pasta and rice mixes, frozen dinners, instant cereal and puddings and gravy sauce mixes.
- Frozen entrees, such as Healthy Choice™ and Light & Right™, that contain 600 mg or less of sodium, are fine to eat.
- Use fresh, frozen, no added salt canned vegetables or canned vegetables that have been rinsed before they are prepared.
- Low sodium canned soups may be used.

INGREDIENT SUBSTITUTIONS

INSTEAD OF:

Bouillon salt

Monosodium Glutamate (MSG)

Meat tenderizer

Cooking wine

Teriyaki sauce

Ketchup

Garlic salt

Onion salt

Celery salt

Bacon/Bacon bits

Barbecue sauce

Steak sauce

Soy sauce

Use:

Low sodium broth

Omit from recipe

Omit from recipe

Table wine

Omit from recipe

Tomato paste

Fresh garlic/Garlic powder

Fresh onion/Onion powder

Fresh celery/Celery powder

Omit from recipe

Low sodium barbecue sauce

Low sodium steak sauce

Low sodium soy sauce

(Since this product still has sodium, use less soy sauce than indicated in this recipe.)

DINING OUT

When dining out, choose restaurants that prepare foods "made to order" (one portion at a time). Request food to be prepared without salt.

TIPS FOR ORDERING FOOD

- Check on the nutrition information available prior to ordering.
- MEATS: order baked or broiled steaks, chops, fish or chicken. Remove skin from baked or broiled chicken and the breading from fried chicken or fried fish.
- APPETIZER: order a fruit cup, salad or bread.
- SALADS: ask for oil and vinegar or fresh lemon as a dressing. At the salad bar, choose fresh vegetables; avoid canned, pickled or seasoned foods.
- VEGETABLES: request no salt or salt seasoning be added. At the table, you can add your own margarine or pepper, if desired. Baked potatoes are a good choice.
- Avoid pasta dishes, casseroles, stews, soups, breaded foods, dressings, and foods cooked in sauces or gravy.
- Chinese, Italian, and Mexican foods are usually high in sodium. Phone ahead to see if your food can be prepared without salt and high sodium seasonings, such as MSG and soy sauce.