

Top Tips and Activities!

Reducing Salt



We all know that too much salt can be harmful to our health and given to children, can lead to a taste for salty foods in the future. Most salt in our diet comes from everyday foods such as bread, breakfast cereal, sauces and soups, meaning that salt added to meals either during cooking or at the table should be kept to a minimum. Below are some tips on how to add extra flavour to your food without overloading on salt.

Herbs

- Parsley works particularly well with potato, rice and fish
- Basil adds flavour to chicken, tomato based dishes and can even be added to fruit dishes
- Chives can be used with fish and potatoes
- Coriander leaves and seeds can be added to chutneys, salsas and guacamole and are often used in Chinese and Indian cookery
- Oregano combines well with basil and is widely used in many cuisines, especially with tomato sauces, fried vegetables and grilled meat
- Rosemary is commonly used with many types of meat and in Mediterranean dishes
- Mint is traditionally served with lamb, but also compliments many vegetable and fish dishes
- Sage adds flavour to meat, cheese, vegetables and pasta dishes and is also an important ingredient in stuffing
- Dried mixed herbs can be added to most dishes to add a little extra depth

Spices

- Chilli and cayenne pepper are useful for spicing up almost any dish
- Cumin is frequently added to Indian, Mediterranean, Chinese, North African and Cuban cuisine to bring out the

natural sweetness of the other ingredients

- Cinnamon is commonly used in Moroccan dishes and to flavour chicken and lamb
- Cloves work well with cinnamon and cumin and are a key ingredient in Indian and South American cuisines
- Nutmeg is added to Mediterranean and Indian dishes and can be used to add flavour to cheese sauces, potato dishes, sprouts, cauliflower and green beans
- Ginger gives an extra dimension when added to seafood and vegetable dishes
- Pepper is an extremely useful spice for adding flavour and a little heat to any dish

Fruit and Vegetables

- Garlic and onions can add a little extra flavour to most dishes; if time is short, garlic and onion powder provide a quick, tasty alternative
- Lemon and lime juice can also be added during cooking or before serving to add extra sharpness to almost any dish

Condiments

- Mustard or mustard powder can give simple recipes such as sandwiches, marinades, sauces, soups or dressings flavour without the high salt content
- Vinegars such as balsamic, red or white wine, cider and raspberry can be added to dishes whilst cooking
- Mixed with a little olive oil, vinegars create a simple vinaigrette to give salads some extra flavour

If you find a little salt boost is still needed, try low sodium salt or low salt stock to add flavour.