

## Low Sodium (Salt) Cooking

Home cooking can be very delicious when made without salt. There is a world of herbs, spices, seasonings and flavourings just waiting for you to try.



### Steps You Can Take

#### Helpful Tips for Cooking

Always check labels to find out how much salt a product contains. Choose lower sodium varieties when you buy canned, frozen or other processed foods.

Drain away the liquid and rinse canned vegetables and legumes (dried beans, peas, lentils) before using them.

Add flavour and a fresh taste to foods by using fresh or dried herbs, spices, or seasonings that do not contain salt, sea salt or sodium. For example, use:

- fresh garlic or garlic powder (not garlic salt)
- fresh, dried or powdered onion (not onion salt)
- fresh ginger or ginger powder
- fresh or dried herbs (basil, parsley, cilantro, fennel, lemon grass, rosemary, thyme, sage)
- commercially prepared varieties of salt-free seasonings are also available (i.e. Mrs. Dash®, Spike®, etc.)

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This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

Make your own blend of a salt-free seasoning that can be used for many dishes. For example, use it for seasoning meats, poultry, fish, and vegetables. Mix and store in your pantry.

15 mL (1 Tbsp) dried mustard  
15 mL (1 Tbsp) paprika  
15 mL (1 Tbsp) garlic powder  
15 mL (1 Tbsp) onion powder  
7 mL (1 ½ tsp) black pepper  
5 mL (1 tsp) basil  
5 mL (1 tsp) thyme

Source: 1992 BCDNA Manual of Nutritional Care.

Choose prepared sauces and condiments (ie barbeque sauce, soy sauce, ketchup) less often, or try lower salt options. Instead, make your own sauces from scratch using fresh or frozen fruit, such as cranberry or apple sauce. Fresh salsa made with peaches or mango is delicious served with fish, meat or chicken. Make salad dressings at home from different oils, vinegars, herbs, spices and garlic.

Sprinkle balsamic vinegar or white wine vinegar on vegetables and use it to give extra zip to marinades and salad dressings. Use juice or wine as a flavouring in marinades, stewed meats and sauces.

Make homemade pizza with fresh vegetables, low salt cheese, and meat. Try using tomato sauce with no added salt or tomato paste mixed with water, garlic and herbs (ie basil, oregano).

Add curry powder (not sauce) to meat, poultry or fish. You could also try fresh lemon or lime juice for flavour on fish, chicken and vegetables.

Use fresh garlic and ginger in stir-fries. Unsalted peanut butter adds a Thai flavour.

Cook extra meat, fish and poultry to use the next day for your sandwiches instead of processed cold meats.

Look for new flavouring ideas in cookbooks, magazines and on websites. Have fun trading recipes with friends and family.

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## Notes

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