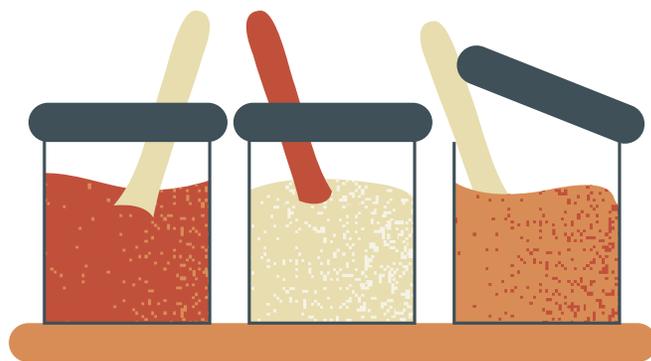


Building Big Flavor

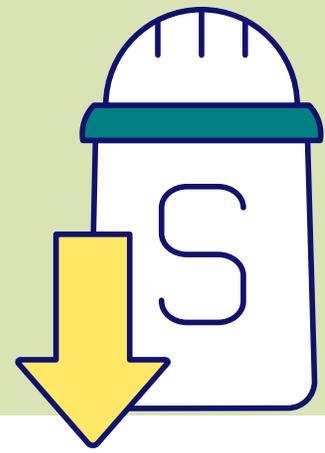


Watching your sodium intake? Balancing flavors is the key to a flavorful meal when reducing the salt in a dish. Think about adding these flavor enhancers instead of reaching for the salt shaker!

Sweet	Bitter	Acidic	Umami (Savory)
Brings balance and roundness to a dish by balancing acidity and bitterness and highlighting other flavors	Balances sweetness and cuts richness - best used as a background flavor	Brings brightness and adds a salty flavor that balances sweetness	Makes a dish savory or meaty tasting and enhances flavors - reach for these before salt!
<ul style="list-style-type: none"> • Fruit juices • Caramelized Onions • Carrots • Roasted Peppers • Honey • Maple Syrup • Dried Fruits • Tomato Paste • Wine 	<ul style="list-style-type: none"> • Greens • Broccoli Rabe • Broccoli • Cabbage • Brussel Sprouts • Asparagus • Grapefruit • Bitter melon • Wine 	<ul style="list-style-type: none"> • Lemon • Lime • Orange • Pineapple Juice • Vinegars • Wine • Pickled Foods • Sour Cherries • Tomatoes 	<ul style="list-style-type: none"> • Tomato Paste • Soy Sauce • Mushrooms • Cured or brined foods (olives) • Fish Sauce • Fermented Foods • Aged cheeses • Amino Acids
			

Don't forget to read nutrition labels and watch for foods that are commonly high in sodium such as deli meats, processed meats, bacon, salami & cured meats, cheese, bread, soup, bouillon & broth, condiments, bottled salad dressings, and pickled or brined foods.

SIMPLE WAYS TO: REDUCE SALT



Herbs & Spices

- **Herbs** - aromatic leaves of plants that can be fresh or dried
- **Spices** - dried bark, roots, buds, seeds, fruit, or berries of plants
- Make your own spice blends or buy the sodium-free versions



Acidic Foods

- Vinegar and citrus brighten up dishes and enhance flavors without added sodium
- When using acidic ingredients, it's best to add them at the end of the cooking process

Easy Swaps

- Make your own salt-free stock or buy a no sodium added version
- Try adding 1/4 less salt than is called for in a recipe. Over time your tastebuds will adapt to the change as you crave less sodium

