

## Less Salt, More Flavor!

*Food can still taste great—  
even with less salt...*

### We aren't born craving salt

- We learn to crave salt and we can “unlearn” the craving for salt.
- After 1-2 months of low salt eating, you'll find that high salt food doesn't taste good anymore
- You'll have more appreciation for all the flavors found in good food

### Most of the salt you eat is in packaged food or restaurant food, so learn to do some home cooking

- Check out Northwest Kidney Centers website, [www.nwkidney.org](http://www.nwkidney.org), for tasty, easy and fast recipes
- Experiment with eliminating or reducing the salt in your favorite recipes

### Try some new seasonings

- Learn how to use herbs and spices
- Try Mrs. Dash or Schilling Salt-Free products, *but beware of salt substitutes that contain potassium chloride (can be dangerous for kidney patients)*
- Use condiments like Tabasco, Worcestershire sauce, mustard, horseradish
- Try low salt or salt-free soy sauce
- Use garlic or onion powder instead of garlic or onion salt

### Salt is just one flavor enhancer--there are four others:

- Sweet: Try adding a little sugar, honey, to sauces, stews, etc and salt free cereals to bring out flavor
- Sour: Add lemon juice, lime juice, and different flavored vinegars to salads and vegetables instead of salad dressing or salty sauces
- Bitter: Use fresh herbs in homemade soups, sauces, stews. Use four times more than you would with dried herbs, and try growing your own.
- Umami: This funny word is the rich, meaty flavor found in food simmered a long time. Try roasting meat and using a slow cooker.

