



Nutrition Tips

Alternatives to Salty Asian Sauces

Tips for reducing sodium in Asian sauces

1. Look for low sodium versions of your favorite brands at the local grocery store. These can often cut the sodium by half.
2. Try mixing the sauce with water or other juices like pineapple juice to cut the sodium.
3. Use unseasoned rice vinegar to save even more sodium.
4. Instead of buying sauces, try making them at home so you have control over how much salt is added.
5. Look at hot chili sauce labels, many are low in sodium.
6. Use sesame oil, chili oil and peanut oil to add Asian flavor to meals without salty sauces.

Asian cooking is often considered “healthy” because it is usually lower in protein and higher in vegetables. But most Asian meals are typically made with sauces that can have large amounts of sodium.

Soy sauces, fish sauces, and sweet and sour sauces may contain 900-1500 mg of sodium per tablespoon. This is 75-100% of what your daily intake should be; all in one small spoon!

When trying to follow a low sodium diet, it can be hard to make your favorite Asian dishes without these salty sauces, but there are ways to reduce the salt and keep the flavor.

Shop and compare a variety of brands. Traditional store bought sauces can be very high in sodium.

- Soy sauce: 920-1100mg per 1 tablespoon
- Fish sauce: 1190-1500mg per 1 tablespoon
- Sweet and Sour: 800 –1000 mg per 1 tablespoon

Mixing your own sauces at home puts you in control of the amount of sodium in your food. Look at the recipes on the back of this page, they have from 2-100





Try making these low sodium versions and compare with your favorite store bought brands

Low Sodium Soy Sauce

Ingredients

2 tablespoons sodium free beef bouillon
2 teaspoons red wine vinegar
1 teaspoon molasses
1/8 teaspoon ground ginger
Dash of black pepper
Dash of garlic powder
3/4 cup water

Directions:

In a small sauce pan, combine all ingredients and boil gently uncovered about 5 minutes or until mixture is reduced to 1/2 cup. Store in refrigerator. Stir before using.

*** Try cutting light soy sauce with 1/2 pineapple juice to maintain flavor, but lower the salt.

Nutrition: Serving size, 1 tablespoon, 10 calories, 2g carbohydrates, 0g protein, 5mg sodium, 14mg potassium

Fish Sauce Substitute

Ingredients

2 teaspoon unseasoned rice wine vinegar
1 teaspoon toasted sesame oil
1 teaspoon molasses
1/2 teaspoon brown sugar
1/4 teaspoon garlic powder
Sprinkle of red pepper flakes

3/4 cup water

Optional Ingredients:

2 teaspoons plum jam or orange marmalade

Directions:

In a small sauce bowl, combine all ingredients with a whisk until combined.

Nutrition: Serving size, 1 tablespoon, 10 calories, 1g carbo-

Sweet and Sour Sauce

Ingredients

1 tablespoon cornstarch
3 tablespoons water
1 tablespoon oil
1 onion, minced
3 cloves of garlic, minced
1/3 cup sweet chili sauce
1/2 cup white vinegar, (rice or wine)

8 ounce can pineapple, or one fresh pineapple, chopped into 1/2 inch cubes

Directions:

Heat oil, add onion and garlic. Cook 2-3 minutes until lightly browned. Add chili sauce and vinegar. Mix water and cornstarch, add to onion mixture. Add pineapple juice if canned pineapple is used, 1/3 cup orange juice or pineapple juice if fresh pineapple is used. Simmer another 5 minutes. Add pineapple, cook 5 minutes, serve over chicken, fish, shrimp, or pork. Keeps a week in refrigerator.