

Low Sodium (Salt) Cooking

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

Helpful Guidelines for Cooking

Rinse canned fish, vegetables and legumes (dried beans, peas, lentils) before using.

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. (Always check the label). For example, use:

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

Universal Seasoning. Make your own blend of salt-free seasoning. Mix and store in a salt or pepper shaker.

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 1/2 tsp)	black pepper
5 mL (1 tsp)	basil
5 mL (1 tsp)	thyme

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

- Use fruit sauce for fish, meat or chicken (pineapple, orange, kiwi, and mango mixtures).
- Make homemade pizzas with fresh vegetables, allowed cheeses, and meats. Try tomato sauce with no added salt or tomato paste mixed with water, garlic and herbs.
- Add curry powder (not sauce) to meat, poultry or fish.
- Make salad dressings from different oils, vinegars, herbs, spices and garlic.
- Use fresh garlic and ginger in stir-fries. Unsalted peanut butter adds a Thai flavour.

This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.

- Cook extra meat, fish and poultry to use the next day for your sandwiches instead of processed cold meats.
- Try fresh lemon or lime juice on fish, chicken and vegetables.
- Sprinkle balsamic 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.



Notes

This handout distributed by:

The following resources are also available on sodium:

Low Sodium (Salt) Eating
Low Sodium (Salt) Eating Out
Low Sodium (Salt) Eating Resources
Low Sodium (Salt) Food Choices
Reading Food Labels for Sodium (Salt)

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