

HOW CAN I MAKE MY MEALS TASTY?

There are many ways to make tasty and flavorful meals without the use of salt.
Here are some ideas you can try to spice up your meal options:

OLIVE OIL

Olive oil adds flavor: Try cooking with it, dip bread in it, or add a splash to vegetables.



VINEGAR

Vinegar comes in many varieties and flavors: Try dipping fresh vegetables and bread in it. It can also make a great salad dressing.



FRESH HERBS

Basil, oregano, thyme and dill are all great fresh herbs that season dishes. For some extra flavor (and extra fun) grow your own herbs in a pot in your own home! Basil works well in Italian dishes. Thyme spices meats nicely. Oregano is a great addition to marinades and sauces. You can use dill to add flavor to vegetables, salads and meats.



TRY MAKING THE FOLLOWING SALAD DRESSING:
2 TABLESPOONS OF OLIVE OIL,
1 TABLESPOON OF WHITE WINE VINEGAR,
1 TSP OF HONEY AND
1/4 TSP OF TARRAGON

CREAM CHEESE

Cream cheese can be added in small amounts to foods to add a creamy texture.



PARMESAN CHEESE

Parmesan cheese can be added in small amounts to salad, on top of pasta, and to flavor plain popcorn.



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FRUIT

Cut up some fruit and add it to cereals or cereal. Check with your dietitian which fruits are best for your diet.



HOMEMADE SEASONING MIXES

There are lots of ways you can mix spices to make salt-free seasonings. There are lots of ideas online but make sure you pick recipes that don't include salt.

Do not use salt-substitutes if you have been advised to limit your intake of potassium.



DIPS OR MAYONNAISE

Mayonnaise can add flavor to sandwiches or salads. Dips can be made with sour cream and spices you have at home without salt.



WHOLE GRAINS

Whole grains are not only healthier, but have more of a nutty, rich flavor than white varieties of the same foods — try whole grain bread, noodles and try replacing white flour with wheat in recipes.



LEMONS

Add lemon to water to make a tangy drink. It can also be added to food to bring out the flavors. Lemon (or lemon zest) is great on fish, chicken, pasta, potatoes, green beans and asparagus.



LIMES

Lime is also great to flavor water; cut it into slices and add to water. You could try making your own lemon-lime water!



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