



# NUTRITION NEWS

## Salt Savvy In the Kitchen

Salt provides a precise package of sodium and chloride. These minerals are essential to electrolyte balance in our bodies, and our senses can't do without them. For one thing, nothing else quite satisfies the craving for a salty taste. For another, salt likely excites the sense of smell by enhancing aromas wafting from hot dishes. The smart techniques here make the most of those appealing benefits while minimizing sodium amounts.

1. Use acids and fresh herbs as flavor accents. Acids like wine, citrus juices, or vinegars brighten flavors while fresh herbs enliven finished dishes.
2. Excite taste buds with spice blends and specialty salts. These inspire great seasoning with flavor without excess amounts of salt and sodium.
3. Be picky about pantry staples. Check the labels and choose lower sodium choices in the products you choose. By making a better choice you can lower your sodium budget and add salt to foods that really need it.
4. Let small amounts of salty and high sodium ingredients shine. Salt-free foods can be lacking in taste, so indulge in some higher-sodium ingredients from time to time, just keep the amounts small.