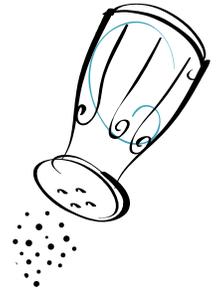


Healthy Heart



Tips on How to Prepare Lower-Salt and Lower-Fat Meals

- Add less salt and fat during cooking. Reduce the amount of salt a little each day until none is used. Try spices and herbs instead.



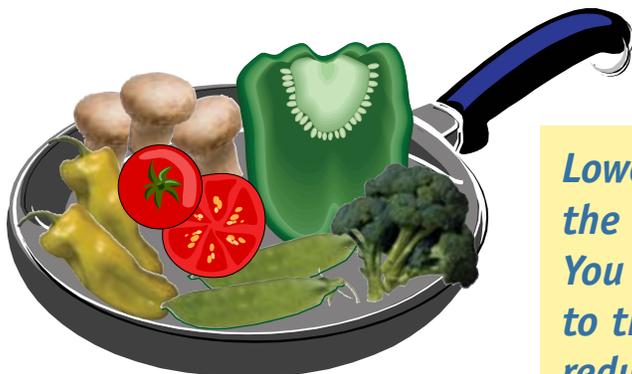
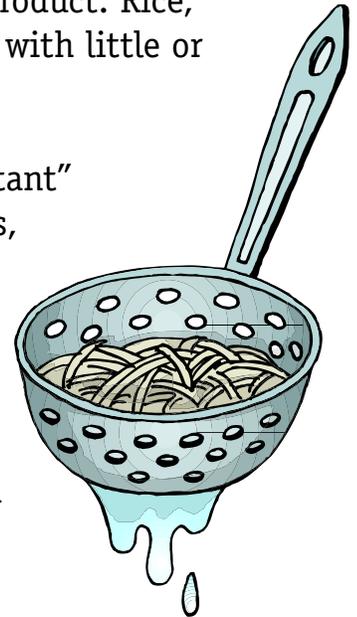
- Cook with low-salt ingredients. Use spray-on fat when cooking. Reduce salt to about one-half, and cut fat to about one-third of original without changing the end product. Rice, pasta and hot cereals can be cooked with little or no salt or additional fat.

Reducing fat in foods makes them feel different in the mouth. Take some time to get used to the different textures of foods.

- Use fewer sauces, mixes and “instant” products. This includes flavored rices, pasta and cereal, which usually have added salt and fat.

- Rinse salt from canned foods.

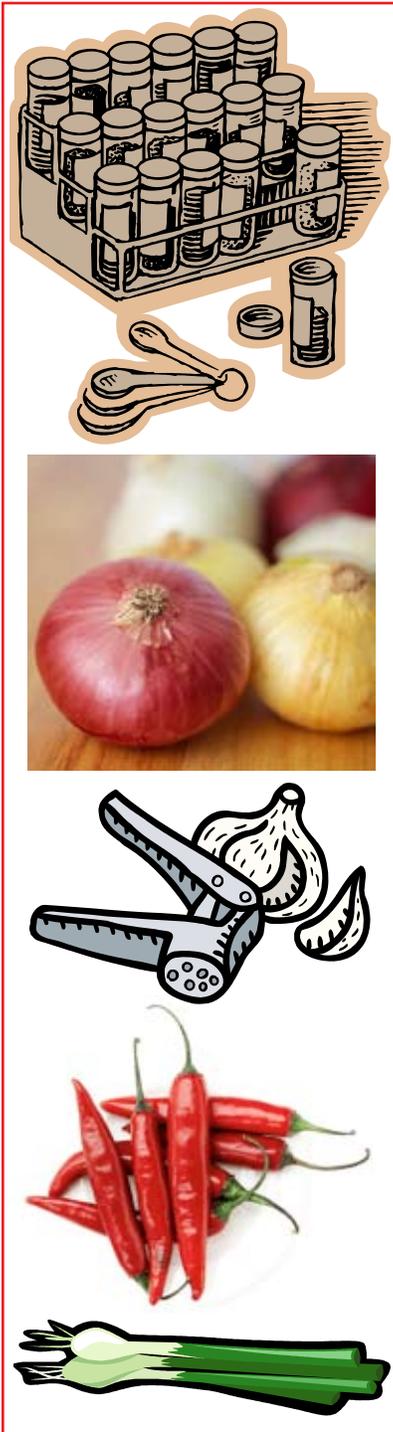
- Limit smoked, cured or processed beef, pork, poultry or fish.



Lowering salt will make the taste of the original food more prominent. You may need some time to get used to the new taste of foods when you reduce salt.

Flavoring foods with spices:

Make foods tasty without using extra salt or fat.



Try these flavorings, spices and herbs:

For meat, poultry and fish —

Beef - bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme

Lamb - curry powder, garlic, rosemary, mint

Pork - garlic, onion, sage, pepper, oregano

Veal - bay leaf, curry powder, ginger, marjoram, oregano

Chicken - ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme

Fish - curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper



For vegetables —

Carrots - cinnamon, cloves, marjoram, nutmeg, rosemary, sage

Corn - cumin, curry powder, onion, paprika, parsley

Green beans - dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme

Greens - onion, pepper

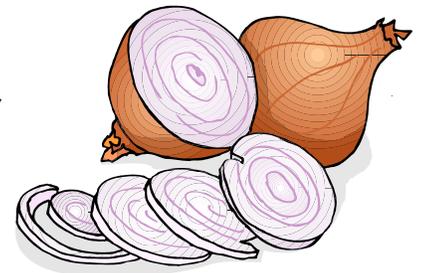
Peas - ginger, marjoram, onion, parsley, sage

Potatoes - dill, garlic, onion, paprika, parsley, sage

Summer squash - cloves, curry powder, marjoram, nutmeg, rosemary, sage

Winter squash - cinnamon, ginger, nutmeg, onion

Tomatoes - basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper



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