











ADDING FLAVOUR WITHOUT SALT

Salt is often added to dishes for flavour. So if it is removed, you may wish to use a variety of other herbs or spices to flavour the dish. Below are some ideas.

Add flavour using...			
Beef			
<ul style="list-style-type: none"> • Basil • Bay leaf • Chilli • Curry powder • Dry mustard 	<ul style="list-style-type: none"> • Garlic • Mixed Herbs • Mushrooms • Onion • Oregano 	<ul style="list-style-type: none"> • Paprika • Pepper • Red wine • Sherry • Thyme 	
Chicken			
<ul style="list-style-type: none"> • Apricot • Basil • Chilli • Garlic • Ginger 	<ul style="list-style-type: none"> • Lemon juice • Mushrooms • Onion • Orange • Parsley 	<ul style="list-style-type: none"> • Rosemary • Sage • Thyme • Vinegar • White Wine 	
Eggs			
<ul style="list-style-type: none"> • Capsicum • Chilli • Chives • Curry powder 	<ul style="list-style-type: none"> • Dry mustard • Onion • Oregano • Paprika 	<ul style="list-style-type: none"> • Parsley • Pepper • Thyme • Tomato 	
Lamb			
<ul style="list-style-type: none"> • Basil • Bay leaf • Chilli • Coriander 	 <ul style="list-style-type: none"> • Curry Powder • Garlic • Ginger 	<ul style="list-style-type: none"> • Mint • Red wine • Rosemary 	
Fish & Shellfish			
<ul style="list-style-type: none"> • Bay leaf • Chilli • Curry Powder • Dill • Fennel 	<ul style="list-style-type: none"> • Garlic • Ginger • Lemon juice • Marjoram • Mushrooms 	<ul style="list-style-type: none"> • Pepper • Thyme • Tomato • White Vinegar • White Wine 	

Add flavour using...		
Potatoes		
<ul style="list-style-type: none"> • Basil • Chives • Garlic • Lemon juice 	<ul style="list-style-type: none"> • Mint • Mustard • Nutmeg • Onion 	<ul style="list-style-type: none"> • Parsley • Pepper • Rosemary • Shallots
Pork		
<ul style="list-style-type: none"> • Apple • Basil • Dry mustard • Garlic 	<ul style="list-style-type: none"> • Marjoram • Onion • Pineapple slices 	<ul style="list-style-type: none"> • Plum • Sherry • White wine 
Salads		
<ul style="list-style-type: none"> • Basil • Chives • Coriander • Dry mustard • Garlic 	<ul style="list-style-type: none"> • Honey • Lemon juice • Mixed herbs • Oil • Parsley 	<ul style="list-style-type: none"> • Pepper • Shallots • Turmeric • Vinegar • Wine vinegar
Veal		
<ul style="list-style-type: none"> • Apricot • Basil • Bay leaf • Curry powder • Ginger 	<ul style="list-style-type: none"> • Lemon juice • Marjoram • Onion • Pineapple 	<ul style="list-style-type: none"> • Sherry • Thyme • Tomato • Wine
Vegetables		
<ul style="list-style-type: none"> • Basil • Bay leaf • Chilli • Chives • Coriander 	<ul style="list-style-type: none"> • Dry mustard • Garlic • Ginger • Honey • Lemon juice 	<ul style="list-style-type: none"> • Mint • Onion • Oregano • Parsley • Shallots 

NOTES

Dietitian: _____

Contact Number: _____

