

LOW SODIUM FLAVOR PROFILES

MEDITERRANEAN

- Lemon zest & juice
 - Fresh oregano & basil
 - Minced garlic
 - Roasted pine nuts
 - Extra virgin olive oil
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EAST ASIAN

- Fresh ginger root
 - Rice wine vinegar
 - Toasted sesame oil
 - Scallions & Cilantro
 - Star anise
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LATIN AMERICAN

- Lime juice
 - Cumin & Smoked paprika
 - Fresh cilantro
 - Chili flakes or Jalapeño
 - Diced red onion
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FRENCH HERB

- Herbes de Provence
 - Shallots
 - Tarragon & Parsley
 - White pepper
 - Dijon mustard (no-salt added)
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MIDDLE EASTERN

- Sumac (tangy salt substitute)
 - Ground cinnamon
 - Cardamom
 - Fresh mint
 - Toasted cumin seeds
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SWEET & SAVORY

- Balsamic glaze
 - Apple cider vinegar
 - Nutmeg
 - Caramelized onions
 - Toasted walnuts
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Kitchen Resource: Use acids and aromatics to enhance flavors without salt.