



Less salt, more flavour

OBJECTIVE

Reduce salt consumption **by** developing strategies to enhance the flavour of food with **herbs, spices and cooking techniques**, in line with the Mediterranean dietary pattern.

YOUR MISSION

For **a week**, follow the steps below and observe how you can cook with **less salt** without losing flavour.

Step 1- Cooking without adding salt

Choose **a main meal** and prepare it:

- **without adding salt during cooking**
- **using garlic, onion, herbs, spices, lemon, vinegar, or olive oil for flavour**

Chosen meal:

What ingredients did you use to add flavour?

Step 2- Conscious proof

Before adding salt to the table, **taste the meal**.

- I didn't need to add salt
- I added a small amount
- I added more than I expected



What did you feel in the taste?

Step 3 - Pay attention to labels

Choose a packaged product that you usually consume (e.g. bread, cheese, ready-made soup).

Product: _____

Salt (g/100 g): _____

- I chose an option with **less salt**
- I will try to reduce the consumption of this product

Plan of the Week

Tick down when you've tried **to reduce salt** and what alternatives you've used.

Day	Meal	How You Reduced Salt

Mediterranean tip

In Mediterranean food, the taste comes mainly from:

- **aromatic herbs** (oregano, thyme, bay leaf, coriander)
- **Garlic and onion**
- **olive oil, lemon and vinegar**

Salt is used **sparingly**.



Final reflection

It answers the following questions:

1. Was it difficult to reduce the salt? Why?

2. Which alternatives to salt have worked best for you?

3. What changes can you keep in your daily life to **consume less salt**?
