

# HOW CAN I MAKE MY MEALS TASTY?

There are many ways to make tasty and flavorful meals without the use of salt.

**Here are some ideas you can try to spice up your meal options:**

## OLIVE OIL



Olive oil adds flavor: Try cooking with it, dip bread in it, or add a splash to vegetables.

## VINEGAR

Vinegar comes in many varieties and flavors: Try dipping fresh vegetables and bread in it. It can also make a great salad dressing.



## FRESH HERBS



Basil, oregano, thyme and dill are all great fresh herbs that season dishes. For some extra flavor (and extra fun) grow your own herbs in a pot in your own home! Basil works well in Italian dishes. Thyme spices meats nicely. Oregano is a great addition to marinades and sauces. You can use dill to add flavor to vegetables, salads and meats.

TRY MAKING THE FOLLOWING  
SALAD DRESSING:

2 TABLESPOONS OF OLIVE OIL,  
1 TABLESPOON OF WHITE WINE VINEGAR,  
1 TSP OF HONEY AND  
1/4 TSP OF TARRAGON

## CREAM (HEESE

Cream cheese can be added in small amounts to foods to add a creamy texture.



## PARMESAN (HEESE

Parmesan cheese can be added in small amounts to salad, on top of pasta, and to flavor plain popcorn.



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## FRUIT

Cut up some fruit and add it to cereals or cereal. Check with your dietitian which fruits are best for your diet.



## HOMEMADE SEASONING MIXES

There are lots of ways you can mix spices to make salt-free seasonings. There are lots of ideas online but make sure you pick recipes that don't include salt.

Do not use salt-substitutes if you have been advised to limit your intake of potassium.



## DIPS OR MAYONNAISE

Mayonnaise can add flavor to sandwiches or salads. Dips can be made with sour cream and spices you have at home without salt.



## WHOLE GRAINS

Whole grains are not only healthier, but have more of a nutty, rich flavor than white varieties of the same foods — try whole grain bread, noodles and try replacing white flour with wheat in recipes.



## LEMONS

Add lemon to water to make a tangy drink. It can also be added to food to bring out the flavors. Lemon (or lemon zest) is great on fish, chicken, pasta, potatoes, green beans and asparagus.



## LIMES

Lime is also great to flavor water; cut it into slices and add to water. You could try making your own lemon-lime water!



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