

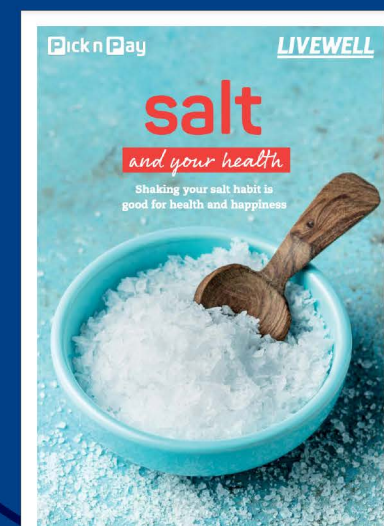
TOP TIP

Less salt doesn't necessarily mean less flavour. Flavour can come from a variety of different herbs, juices and fresh ingredients that don't contain salt.

Try these tips to help boost flavour:

- Add chopped garlic and ginger when cooking meat, chicken, fish and vegetables.
- Dried herbs such as parsley, sage, rosemary, thyme, oregano and basil lessen the need for salt.
- Citrus juices and vinegars can deliver a bright punch of flavour.

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