

Use Less Salt and more Herbs and Spices



Find these recipes and more ideas at ChooseMyPlate.gov

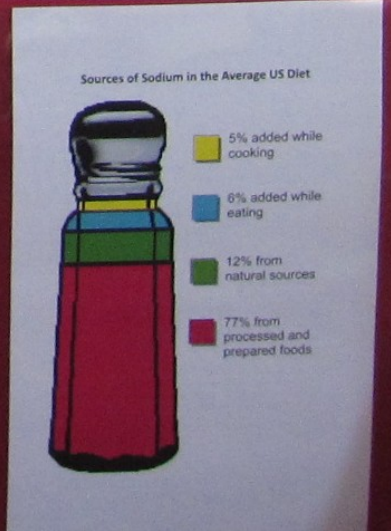
Use less Salt
and more herbs
and spices



How do you
flavor your food?



Cornell University Cooperative Extension
New York City - Nutrition & Health
Healthy Eating + Physical Activity = Healthy Future





Activity 1 (anchor)

“How do you flavor your food?”

Have at least one fresh herb on display. Use solid color or aluminum tray.

Be sure posters are upright.

Cilantro is a great choice; add hot peppers or other vegetables that are not herbs for your demonstration.

Text on the back of the posters will help you dialogue along with supplemental reference materials from University of Nebraska (see staff website for these resources).



Activity 2 (Add and Apply)

“How do you flavor your food?”

Let participants discover!

Have participants match foods with different herbs and spices.

Bring in conversation about foods that do not appear on a card (example Tofu).

Dialogue about cultural dishes and how participants flavor their meals at home.

Bring in new ideas and introduce herbs and spices that may be new to them (example Verdolaga or Papalo).

Talk about flavoring meals they order out.

Talk about where they can purchase fresh herbs (example farmers markets other markets).



Activity 3 (Away)

“How can you flavor your food and cut down on salt?”

Be sure poster is upright. Display cards with products high in salt (Adobo; Soy Sauce; other)

Make herb blends or add commercial blends with no salt.

Print herb blend recipes to give out. Include appropriate 10 Tip.