

# ASIAN FOODS: REDUCE THE SALT

## CHOOSE:



Salt-free seasonings:  
ginger, garlic, onion, fresh  
herbs, chilies, vinegar,  
lemongrass, cloves

Splash of sesame oil, lemon  
or lime juice

Fresh fish, tofu, and  
other soybean products;  
eat lean meats, pork  
and chicken



Foods steamed or stir-fried  
with water or a little peanut or  
sesame oil

Sauces added sparingly –  
only *after* cooking

Miso (fermented soybean  
paste), broths, and powdered  
sauces diluted with *more*  
water than directed on labels

## CHOOSE LESS:



Salt, patis, and other fish sauces, ajinomoto  
(MSG), soy sauce, harmha (shrimp sauce),  
black bean sauce, oyster sauce, ponzu sauce

Dried, canned, salted fish and meats, or salt-  
fermented seafood

Fried foods with salted batters  
Heavily salted marinades and pickled foods

Miso and powdered sauces prepared as  
**directed on labels**



\*The above information was provided by the Hawaii Foods Project, University of Hawaii.

For more information, visit: [www.hawaiifoods.hawaii.edu](http://www.hawaiifoods.hawaii.edu)

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