

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

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