

Less Salt for Better Health Have a Healthy School Lunch!



Ways to reduce salt intake



Cook with natural and fresh spices

E.g. spring onion, garlic, ginger, coriander, herbs, a trace amount of pepper



Cook with fresh fruit

E.g. stir-fried meat with dragon fruit, steamed meat patty with apple cubes, stir-fried chicken fillets with fresh pineapple



Make sauce with fresh fruit and vegetables

E.g. fresh orange juice, fresh tomato sauce, spinach sauce, pumpkin sauce, sweet corn sauce



Avoid using high-sodium seasonings and ready-made sauces

E.g. fermented bean curd, MSG, chicken powder, teriyaki sauce



Use less salt

Minimise the use of salt in seasoning or cooking

