**Flavour Balancing**

Striking a balance between flavours is key to a flavorful meal!

<table>
<thead>
<tr>
<th>Acidic</th>
<th>Sweet</th>
<th>Bitter</th>
<th>Salty/Umami</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lemon juice</strong>&lt;br&gt;<strong>Lime juice</strong>&lt;br&gt;<strong>Vinegars</strong>&lt;br&gt;<strong>Wine</strong>&lt;br&gt;<strong>Tamarind</strong>&lt;br&gt;<strong>Pickled Foods</strong>&lt;br&gt;<strong>Cranberries</strong>&lt;br&gt;<strong>Sour Cherries</strong>&lt;br&gt;<strong>Tomato / products</strong>&lt;br&gt;<strong>Pineapple</strong>&lt;br&gt;<strong>Oranges</strong></td>
<td><strong>Fruit juices / Nectars / Concentrates / Reductions</strong>&lt;br&gt;<strong>Caramelized onion</strong>&lt;br&gt;<strong>Carrots</strong>&lt;br&gt;<strong>Sweet potatoes</strong>&lt;br&gt;<strong>Butternut / other squashes</strong>&lt;br&gt;<strong>Honey</strong>&lt;br&gt;<strong>Maple syrup</strong>&lt;br&gt;<strong>Molasses</strong>&lt;br&gt;<strong>Dried fruits</strong>&lt;br&gt;<strong>Tomato paste / products</strong>&lt;br&gt;<strong>Beets</strong>&lt;br&gt;<strong>Reduced vinegars / wines</strong>&lt;br&gt;<strong>Roasted peppers</strong></td>
<td><strong>Greens (i.e., kale, dandelion, chicory, watercress, arugula)</strong>&lt;br&gt;<strong>Broccoli Rabe</strong>&lt;br&gt;<strong>Broccoli</strong>&lt;br&gt;<strong>Cabbage</strong>&lt;br&gt;<strong>Brussels Sprouts</strong>&lt;br&gt;<strong>Asparagus</strong>&lt;br&gt;<strong>Some mustards</strong>&lt;br&gt;<strong>Grapefruit</strong>&lt;br&gt;<strong>Citrus rinds / zest</strong>&lt;br&gt;<strong>Beer</strong>&lt;br&gt;<strong>Wine</strong>&lt;br&gt;<strong>Teas (especially black, green)</strong></td>
<td><strong>Tomato products (especially canned, like paste)</strong>&lt;br&gt;<strong>Soy sauce</strong>&lt;br&gt;<strong>Mushrooms (especially dried)</strong>&lt;br&gt;<strong>Cured / brined foods (i.e., olives)</strong>&lt;br&gt;<strong>Seaweed</strong>&lt;br&gt;<strong>Fish sauce</strong>&lt;br&gt;<strong>Seafood (especially dried)</strong>&lt;br&gt;<strong>Worcestershire sauce</strong>&lt;br&gt;<strong>Anchovy</strong>&lt;br&gt;<strong>Green tea</strong>&lt;br&gt;<strong>Beef</strong>&lt;br&gt;<strong>Pork (especially cured)</strong>&lt;br&gt;<strong>Chicken</strong>&lt;br&gt;<strong>Fermented foods (miso, fermented black beans, etc.)</strong>&lt;br&gt;<strong>Aged cheeses (i.e., parmesan, romano, blue, gouda)</strong>&lt;br&gt;<strong>Liquid amino acids</strong></td>
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**Simple Ways to Reduce Salt**

1. Before reaching for the salt shaker, try adding ingredients with umami instead. Umami rounds out the flavour and appeal of a dish, and since most of these ingredients contain sodium already, there’s no need to add extra salt.

   **Umami**: A meaty, savory, or rounded taste, corresponding with glutamate content of food. Adding food with umami can help to reduce salt content, since it enhances the flavour of food in a way similar to salt but with less sodium.

2. Utilize herbs and spices to increase flavour. **Herbs** are the aromatic leaves of plants, whether fresh or dried (i.e., thyme, basil, rosemary, cilantro, dill, sage, etc.) **Spices** are dried bark, roots, buds, seeds, fruit, or berries of plants (i.e., mustard, ginger, pepper, coriander, cumin, paprika, allspice, garlic powder, etc.). Make your own spice blends or buy sodium-free blends.

3. Use vinegars and citrus. Acidic foods brighten food and bring out flavours without added sodium. It’s generally best to add them at the end of cooking and before adding salt.

4. Use fresh or frozen vegetables and beans instead of canned, or use “no sodium added” versions. Rinse canned beans before using.

5. Make your own stock or use reduced sodium stocks and broths.

6. Try adding 1/4 less salt than your recipes call for. As you use less salt, your body will crave it less. Be patient: your body adapts over time.

**Don’t forget**: read labels and watch for these foods that are commonly high in sodium: