

# HOW CAN I MAKE MY MEALS TASTY?

It can sometimes be difficult finding meal options that you find tasty. Sometimes, children can feel their meals taste bland when they are unable to add salt to the meal or if they are limiting their intake of foods which are high in salt.

**Here are some ideas you can try to add flavour to your meal options:**

## OLIVE OIL

Olive oil can add flavour to foods. Try dipping some crunchy bread in it, or splash it on your vegetables. It's a great oil to cook with too.



## VINEGAR

There are lots of different kinds of vinegar, all with their own flavours. You can dip foods like fish and bread into it. It can also make a great salad dressing.



## FRESH HERBS

Basil, oregano, thyme and dill are all great fresh herbs that season dishes. For some extra flavour (and extra fun) grow your own herbs in a pot in your own home! Basil is great in Italian dishes, thyme adds spice to meats and oregano adds flavour to marinades and sauces. You can use dill to add flavour to vegetables, salads and meats.



TRY MAKING THE FOLLOWING DRESSING AND ADDING IT TO SALAD:

2 TABLESPOONS OF OLIVE OIL,  
1 TABLESPOON OF TARRAGON VINEGAR,  
1 TSP OF HONEY AND  
1/4 TSP OF TARRAGON

## CREAM CHEESE

Cream cheese can be added in small amounts to foods to add a creamy flavour and texture.



## PARMESAN CHEESE

Parmesan cheese can be added in small amounts to salad, on top of pasta, and can even be used to flavour plain popcorn. It is less salty than other cheeses.



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## FRUIT

Cut up some fruit and add it to suitable cereals or porridge. Check with your Dietitian which fruits are suitable for you.



## HOMEMADE SEASONING MIXES

There are lots of ways you can mix spices to make salt-free seasonings. There are lots of ideas online but make sure you pick recipes that don't include salt.

Do not use salt-substitutes if you have been advised to limit your intake of potassium.



## DIPS OR MAYONNAISE

Mayonnaise can add flavour to sandwiches or salads. Dips can be made with sour cream and spices you have at home without salt.



## WHOLE GRAINS

Whole grains are not only healthier, but have more of a nutty, rich flavour than white varieties of the same foods – try whole grain bread, noodles and make foods with whole wheat flour.



## LEMONS

Add lemon to water to make a tangy drink. It can also be added to food to bring out the flavours. Lemon (or lemon zest) is great on fish, chicken, pasta, potatoes, green beans and asparagus.



## LIMES

Lime is also great to flavour water; cut it into slices and add to water. You could try making your own lemon-lime water!



Always check with your Dietitian regarding which foods you can have and which foods you should limit in your diet. Everyone's needs are different.