

Mayo Clinic Minute

Flavorful ways to reduce salt in your diet

| VIDEO | AUDIO |
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| | This dish will pack a punch of flavors, even though it only calls for a pinch of salt. |
| Jen Welper | "It's just completely overused." |
| | But Mayo Clinic wellness executive chef Jen Welper says there's an easy fix. |
| Title: Jen Welper Executive Chef Mayo Clinic Healthy Living Program | "Bring down the salt content. Purchase things with less sodium in them. And, then, just start from the bottom, and work your way up." |
| Graphic: Salty Sweet Sour Bitter Umami | Besides saltiness, your taste buds sense sweetness, sourness, bitterness and umami — a savory flavor. |
| Jen Welper | "If you can hit all parts, then you have this burst of flavor." |
| | And those other parts can actually enhance the salt that's already in your dish. |
| Jen Welper | "Like lime juice, lemon juice, any type of vinegar actually enhances the salt flavor. So you can use a lot less." |
| | "Guide it into the pan." |
| | And, finally, Jen says, when your food comes off the stove and hits the table ... |
| Jen Welper | "Taste it first, and see if it actually needs salt." |
| | When you cook like this, the answer will probably be no. |
| | For the Mayo Clinic News Network, I'm Jeff Olsen. |