

Mayo Clinic Minute

Spice things up to lower salt intake

VIDEO	AUDIO
	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.