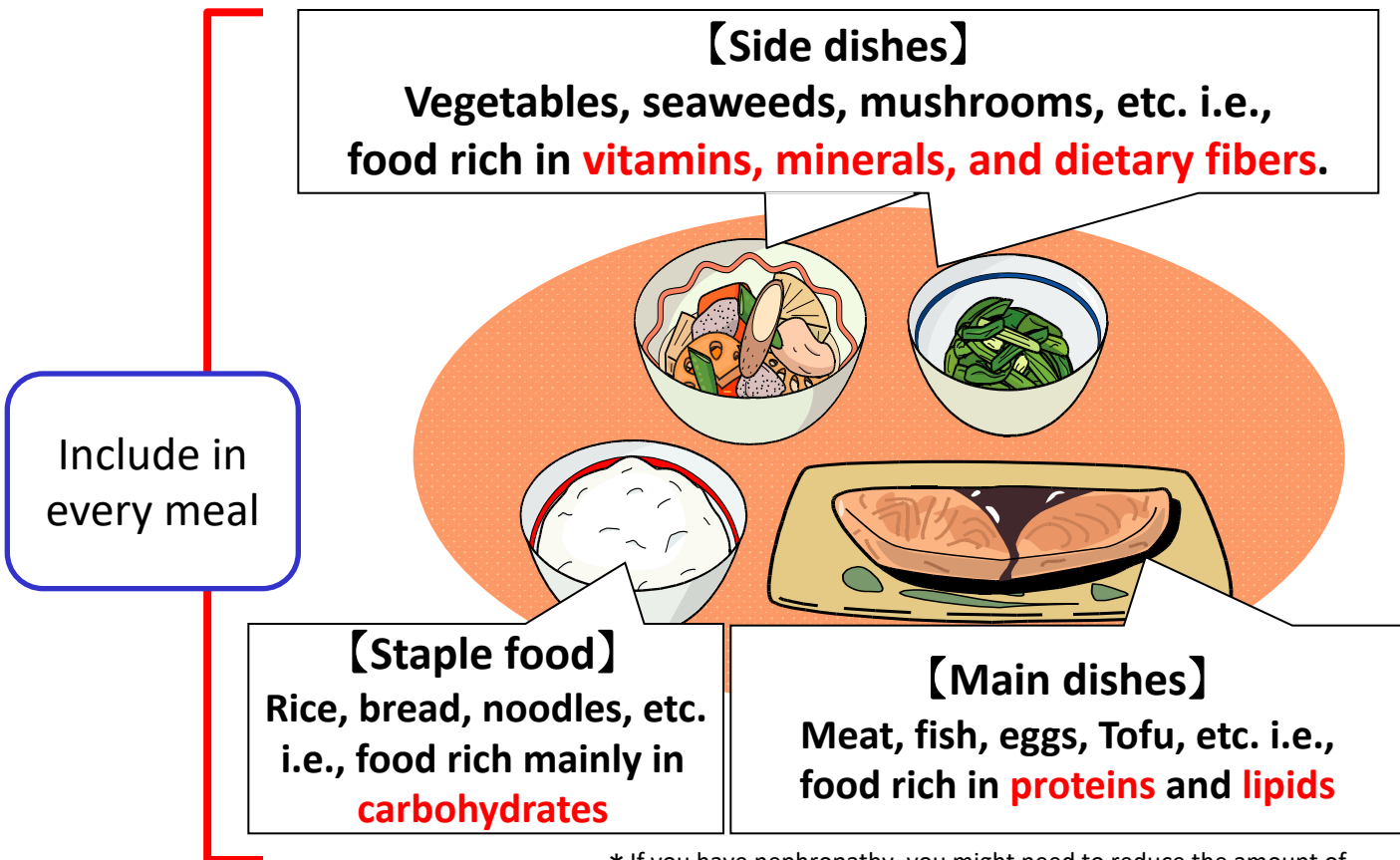
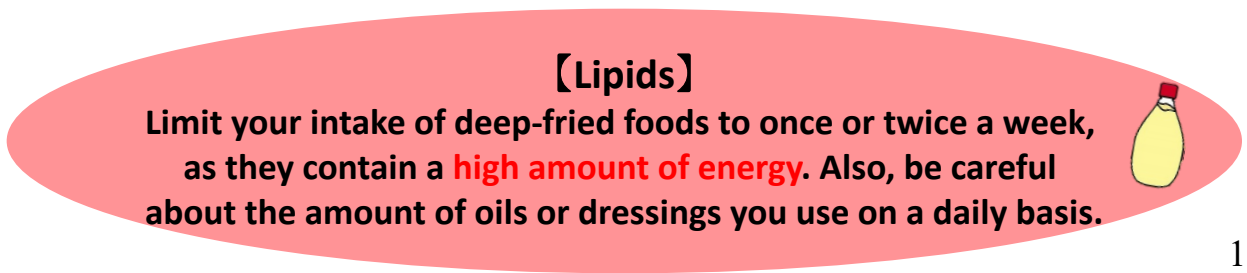
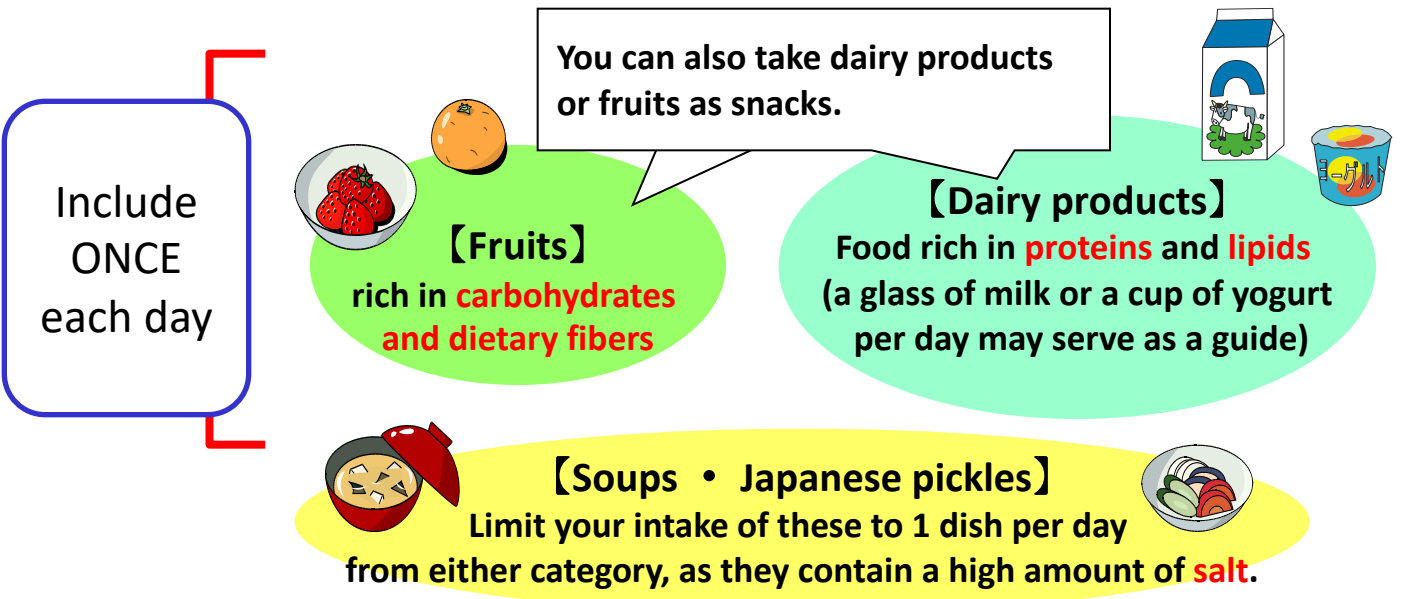


# Balancing your Meal

~staple food, main and side dishes~



\* If you have nephropathy, you might need to reduce the amount of protein. Please discuss with your doctor.



## Tips on reducing salt intake

1. Limit to one cup of miso or other kinds of soup per day.  
Chunky soups are favorable (e.g., containing chunks of vegetables, etc.).
2. Do not drink all of the soup when eating noodles.
3. Limit to one small plate of pickles per day (e.g., Japanese pickles), with no soy sauce.
4. When using soy sauce, dip your food lightly, rather than pouring it on.
5. Know which food include lots of salt and adjust the amount and frequency of intake.



## Cooking tips on bringing out “UMAMI” (savory taste )



### ★ Using sour taste

Sour tastes are; Vinegar, lemon juice, Yuzu, Sudachi, and Kabosu juices.

### ★ Using spices and pot herbs

Spices include peppers, curry powders, mustards, grated wasabi, and chili peppers.  
Pot herbs include Japanese basils, gingers, onions, cibol, Japanese (myoga) ginger, Japanese honewort, sesames, and laver.

### ★ Using “dashi” soup stock and “umami”

“Dashi” soup stock helps reduce salt intake and can be made with dried bonito flakes, dried kelp, dried small fish or dried mushrooms.  
Be careful when using commercially available “dashi” granulated powders, as they may contain a high amount of salt.

### ★ Using “dashi” and soy sauce combinations

Use a 2:1 soy sauce/“dashi” combination or a Su (vinegar)-soy sauce combination.

### ★ Using a variety of cooking methods

Char food lightly or use finishing oils for a tasty flavor.  
Instead of seasoning your food too highly before cooking, finish it with seasoning applied to the surface.

### ★ Using fresh foodstuffs

Make the best use of the flavor of the ingredients while they are fresh.

### ★ Using salt selectively

Instead of making all dishes lightly seasoned, using salt only in some of the main dishes will make you feel more satisfied.

### ★ Eat your meals at their appropriate temperature

Eating hot foods while they are still warm and cold foods while they are still cold, will make you feel more satisfied.