

Good sense with salt : LoSalt : all the flavour, one third the sodium / Klinge Foods.

Contributors

Klinge Foods (Firm)

Publication/Creation

East Kilbride : Klinge Foods, [1994?]

Persistent URL

<https://wellcomecollection.org/works/vau3b4wf>

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What to do next

Get the family established **now** on a good habit that will come easily and naturally and allow them to continue enjoying food and all its flavour. The first step of buying **LoSalt** and reading this leaflet will mean that you care about your health and that of your family.

Eating at home

Start cooking with **LoSalt** and also use it at the table. Make your total diet healthier by eating plenty of fresh green vegetables and fruit — wholemeal bread, pulses, wholegrain cereals, brown rice and nuts; lowfat cheese and yoghurt, lean meats and fish. You should also try to avoid fried and fatty foods as much as possible.



Eating out

When you are eating out keep up your good health habits and, if possible, avoid salty, smoked and ready prepared foods with heavily spiced sauces.

For more information, write to the LoSalt Information Bureau
Klinge Foods Ltd.,
7, Albion Way,
Kelvin Industrial Estate,
East Kilbride,
GLASGOW G75 0YN.

Good sense with salt



LoSalt — all the flavour
one third the sodium

We are what we eat

The saying 'We are what we eat' is taking on greater significance today as we are becoming more and more concerned about exercise, good health, what we should eat and how food affects our bodies. Table salt, for instance, has been linked by some experts with high blood pressure — or hypertension. As salt is essentially sodium chloride, it is the main source of sodium which we tend to have far too much of in our diets. Although some sodium is essential for health, people in this country eat up to 20 times the amount they **need**. In fact, on average, a person eats the equivalent of about two and a half teaspoons every day, but may not realise this as nearly two-thirds of our daily salt intake is consumed in packaged and canned foods. Read the list of ingredients on most packets or cans and see how often added salt is mentioned. The nearer the salt comes to the top of the list the more significant the amount of salt it contains.



How to cut down on salt

The simplest thing to do is to stop sprinkling salt on food and to use less in cooking. It is also a good idea to cut down on very salty foods. However if you are one of the many who are used to, or like, a salty taste so as to avoid bland food, then **LoSalt** offers a sensible step in the right direction. Indeed if we are to cut down our sodium intake to say, 1½ teaspoons a day **or less** without sacrificing taste, **LoSalt** is the one alternative that has the taste of salt yet contains only one third the sodium of common salt. **LoSalt** is a blend of natural potassium and sodium in mineral form. Potassium being another mineral essential for our bodies. The great advantage is that **LoSalt** looks, cooks and tastes the same as ordinary salt and is entirely pure and natural, so use **LoSalt** just like ordinary salt at the table and in cooking.



Cooking with LoSalt

The big advantage of using **LoSalt** in cooking is that food will still have all the taste and flavour that you and your family have come to like.

Use **LoSalt** as you would ordinary cooking salt.

Cooking Tips

Making tasty soups

When making soups — especially those with vegetables, add **LoSalt** **after** cooking as this imparts the best flavour.

There are many vegetable combinations that can be used to make fresh and interesting changes.



Homebaking

LoSalt works perfectly in breadmaking. In fact you may well find a wholemeal loaf is lighter and better textured, when you use it. Just add **LoSalt** to the flour, before adding the yeast when following your favourite recipe.

Egg dishes

Most people accept that egg dishes usually need added salt, and it's hard to imagine boiled or scrambled eggs without it. So once again get the taste you like by using **LoSalt** as you would common salt.

