

Dear chef

I really appreciate you catering for my no added salt diet.

My palate is adjusted to having no salt and the lack of salt in the meal will not stop me from enjoying anything you create for me.

I am not allergic to salt as small amounts are in almost everything but I do need to keep my salt intake very low for medical reasons.

I know that special requests complicate the smooth running of a kitchen and I thank you for your effort on my behalf.

Best regards

Low salt diet check list.

All fresh food is OK (except seafood without backbones) as is pasta, grains and dried (not canned) pulses. No pre-seasoned poultry.

No added salt.

No cheese except low salt types like ricotta, paneer.

No salted foods like olives, anchovies, capers, pickles, ham bacon, smallgoods and ordinary butter.

No flavour boosters or commercial stock powders. All single herbs and spices are OK but not some spice mixes.

No commercially prepared dressing, sauce or mayonnaise.

No raising agents or baking soda (bicarbonate of soda) or self raising flour.

No ordinary bread or bread crumbs. (ordinary bread is very salty)

If processed foods are used they must show sodium below 120mg/100g.