GREAT TASTE WITH LESS SALT TIPS AND TRICKS STRAIGHT FROM OUR CHEFS

Here at Unilever we have 286 chefs. They're a creative bunch, professionally trained to the highest standard, and vastly experienced thanks to time spent in real kitchens – many of them in highly awarded restaurants. Our Chefs at Unilever are experts in balancing ingredients, helping consumers prepare great tasting meals with less salt.

Not only are our chefs full of passion they're also full of great kitchen advice! Here's a few of their tips on how to create great tasting with less salt just by choosing the right ingredients and using some simple techniques.



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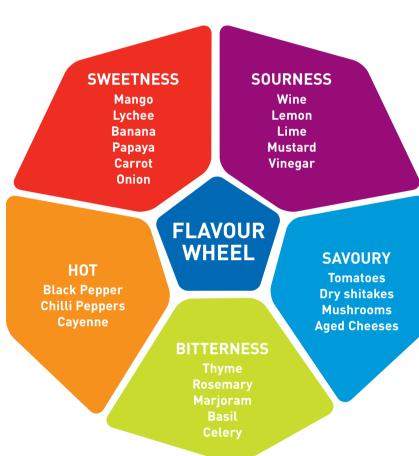


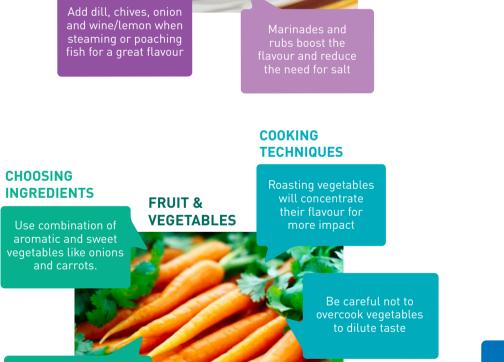




Combine different salads

contrasts (basil, rocket and lettuce)





Use margarine as vegetable topping to

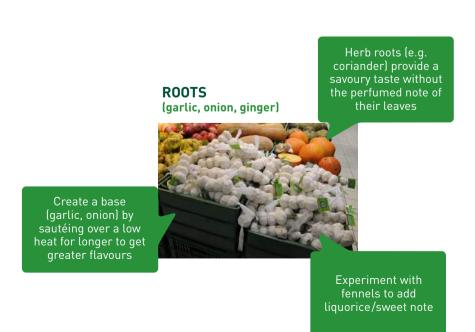
make the vegetables look attractive



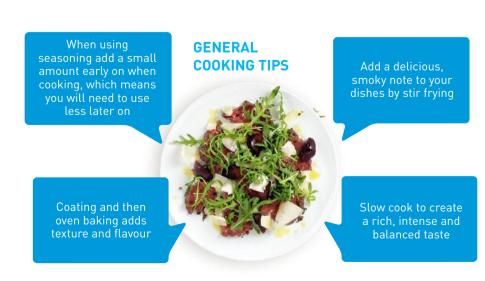
Bouillon cubes can be used to season

cooking water for

carbohydrates instead of salt



OILS & FATS





PACKET SEASONINGS

& BOUILLION

Seasonings can be used

as a more flavoursome alternative to salt in

dishes such as stir-fries

