

Useful Information



Say YES to HERBS and NO to SALT!



- Some packaged mixtures of dried herbs may contain salt. It is preferable to choose those without salt.
- Commercial stocks with herbs also contain considerable amounts of salt. If you use them, do not add extra salt to food.
- When possible, add herbs towards the end of cooking, in order to minimize the loss of essential oils, which many herbs contain.
- Store dried herbs in a cool and dry place and in air-tight containers, in order to ensure that their quality and especially their essential oil content, lasts longer. When using fresh herbs in salads or other uncooked dishes, remember to wash them thoroughly beforehand.
- Besides herbs, you can also use spices (e.g. pepper, paprika, cinnamon and cumin), lemon juice, garlic, celery, fresh or dried onion and chopped seasonal vegetables.
- You may want to reduce or replace salt gradually in order to allow your taste buds to adjust to the new flavours.

Hellenic Food Authority



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Salt can preserve foods and enhance their flavour; too much salt though, can cause serious health problems. In a country like Greece, which is endowed with a rich wealth of herbs of high quality and has become a point of reference for the much revered health-providing Mediterranean diet, we are uniquely placed to take advantage of the striking flavour-enhancement effects of herbs on our food.

Evidence from a plethora of epidemiological and clinical studies indicates that high salt consumption is related to high blood pressure. There are also indications that high salt intake may also be related to other serious health conditions.

There are, therefore, good reasons to make a systematic effort to reduce salt in Greek cuisine by replacing all or part of it with fresh or dried herbs. These herbs will not only improve the flavour of food but they can provide other compounds with health benefits, such as antioxidants.

We hope you'll be inspired with the Hellenic Chef's Club suggestions on the use of some common culinary herbs to reduce or replace added salt in some popular foods of Greek cuisine.



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The Hellenic Food Authority is grateful to the Hellenic Chef's Club for their kind assistance and valuable proposals regarding the use of herbs in common Greek dishes.

	Greek salad	Raw leafy Vegetable Salad	Mixed boiled Vegetables	Roasted Potatoes	Chips / French fries	Battered fried vegetables	Fish (grilled or fried)	Shellfish in cheese & tomato sauce	Fish soup	Vegetable soup	Grilled Chicken	Grilled Beef or Pork	Pork in lemon-based sauce
Dill		●	●					●		●			
Basil			●			●		●		●			
Bay leaves				●					●	●		●	●
Rosemary			●	●		●	●				●	●	●
Mint		●	●			●				●			
Thyme	●		●	●	●	●	●	●			●	●	●
Mediterranean Hartwort		●							●	●			
Coriander			●	●	●	●		●		●			
Parsley		●	●			●		●	●	●		●	●
Fennel			●				●	●	●	●			
Chevril (French parsley)						●			●	●			
Oregano	●		●	●	●	●	●	●			●		●
	Grilled lamb	Stewed meat in tomato-based sauce	Meat fricassee with lettuce	Casserole Vegetables in olive oil & tomatoes	Lentil soup	Stuffed Vegetables with rice	Tomato-based sauces for pasta	Eggs / Omelet	Minced meat for pasta dishes	Veggie Burgers	Meat balls / Burgers	Pies (e.g. spinach)	Homemade bread
Dill			●			●	●					●	
Basil						●	●	●	●	●			
Bay leaves	●	●			●		●		●				
Rosemary	●	●					●		●				
Mint			●	●		●	●		●	●	●		
Thyme	●	●					●		●	●		●	●
Mediterranean Hartwort			●					●				●	
Coriander		●					●				●	●	
Parsley		●		●	●	●	●		●	●	●	●	
Fennel				●		●				●		●	●
Chevril (French parsley)			●					●				●	
Oregano	●				●					●	●	●	

*The suggestions of herb use in foods, shown in the Table above, are indicative. You can also use other herbs or herb combinations which you consider that make your food more palatable.