An initiative of

MINISTRY OF HEALTH
SINGAPORE

Health Promotion Board

YOUR 3-WEEK GUIDE TO TRUE FLAVOUR

We're all guilty of adding more salt, sauces and gravy to make food "taste better", not realising that we're only dulling our taste buds over time. In fact, 95% of Singapore residents exceed the recommended daily sodium limit of 2,000mg, with the average resident consuming around 4,000mg a day. This leads to health risks such as hypertension from as young as 30 years old.

Luckily, you can reset your taste buds, since your taste receptor cells regenerates over 10 to 14 days.

Whether dining in or dining out, follow this 3-week guide to revive your true sense of taste by making small changes to your sodium consumption habits. Share it to help others start their journey too!

Learn more about salt and sodium here.

*Resetting of taste buds may vary across individuals

WEEK 1

BE CHOOSY, NOT SALTY

DINING IN



Use less salt, sauces and seasonings

Lower in Sodium

Switch to healthier choice options that are at least 25% lower in sodium



Use natural flavour enhancers like lemon and garlic

DINING OUT

Lower-sodium options
available here
Eat all foods in moderation
May contain added potassium

Look out for the lower-sodium healthier dining logo and go for lower-sodium dishes



Taste your food first - you might not need more salt and sauces



Check your meal's sodium content with Meal Log in the Healthy 365 app

STAY STRONG, AND FLAVOUR WILL FOLLOW!

By the end of the week, you will get better at knowing the sodium levels in your meals and how to reduce them.

WEEK 2

DON'T DROWN WITH SAUCE

DINING IN



Choose foods with natural umami such as tomatoes, mushrooms, meat and seafood. Discover healthier recipes



Pick fresh ingredients over processed ingredients



Use colourful ingredients to add flavours naturally and visually

DINING OUT



Ask for less sauce and gravy, or have it on the side



Skipping that extra tablespoon of sauce at every meal can help keep you within the recommended 2,000 mg daily sodium limit



Eat slowly to give your taste buds time to notice more flavours

THANK YOURSELF FOR NOT GIVING UP!

Now, you might start noticing more flavours like the natural sweetness of meat, the umami from fresh ingredients, and even hints of herbs and spices!

Singapore residents consume an average of 3,620 mg sodium daily.
Every tablespoon of sauce adds ~500 mg more sodium.

WEEK 3

PLAY WITH FLAVOURS

DINING IN



Experiment with fresh or dried herbs and spices for a flavourful dish



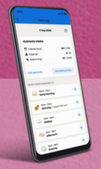
Marinate meats longer and sear, roast or grill them to build deeper flavours

Keep cooking with less salt, sauces and seasonings, or use lower-sodium options

DINING OUT



Continue to take less sauces and gravy



Track your daily sodium intake with Meal Log in the Healthy 365 app



Stay hydrated to taste flavours better

(Note: Water helps clear your palate but does not flush out excess sodium)

KEEP THE JOURNEY GOING!

Say goodbye to feeling bloated, and hello again to true flavours. Foods you used to love might taste too salty, while lightly seasoned foods taste just right.

Keep it up to protect your sense of taste and for better health!

UNCOVER THESE SALTY TRUTHS

TRUTH #1

Drinking water does not flush out excess sodium

Water won't do the trick. Don't treat your kidneys like toilets – they can't flush out excess sodium with more water!

Take less salt, sauces and seasonings instead to lower your risk of hypertension, heart and kidney disease.





TRUTH #2

Gourmet salts are not healthier than table salt

Gourmet salts such as pink or sea salt are not healthier than table salt. They have similar sodium content, and the trace minerals in gourmet salts are not enough to offer real health benefits.

Choose lower-sodium salt instead for better health.