

# 各種鹽類替代品

鹽類替代品	味道	功效	哪裡可以使用
焦糖洋蔥 	鮮味 甜味	含有維他命C 有助於改善免疫系統	燉肉, 湯類, 比薩餅和漢堡包 任何紅燒或烤菜 素食菜餚
迷迭香 	松香般的芬芳	改善記憶力 提高免疫力 防止血管損傷	烤或燒肉, 比薩餅 牛排, 番茄醬, 麵包
辣椒 	辣味 辛辣	改善新陳代謝	蔬菜湯 翻炒 燉肉
肉桂 	甜辣	含有抗氧化劑 降低血糖	蛋糕, 甜飲料 鹹味的菜餚, 水果和蔬菜
小茴香 	土味 辣味 煙熏	具有抗菌性能	羊肉, 豆類, 麵包, 茄子 雞肉, 土豆, 南瓜, 洋蔥
生薑 	胡椒 檸檬味 香氣清爽	幫助緩解疼痛 提高免疫力 改善消化	甜味和鹹味的菜餚 湯類, 海鮮, 蔬菜, 肉類
醋 	酸性	降低血糖 降低膽固醇	沙拉醬, 醃泡汁 沙拉
蘑菇 	鮮味	營養豐富 低卡路里 促進免疫系統	炒蔬菜, 意大利面 雞肉, 羊肉
蒜 	味道強烈 辣味	幫助消除癌細胞 含有大蒜素 降低血壓	雞肉和豬肉, 海鮮, 咖哩, 湯類 醬料, 洋蔥, 番茄, 豆類, 生薑
檸檬汁 	明顯的味道 酸味	提高免疫力	沙拉, 蒸蔬菜, 炒蔬菜, 海鮮 雞肉, 湯類, 醬料



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# Types of Salt Substitutes

Salt Substitutes	Taste	Function	Where to use
Caramelized Onion 	Umami Sweet	Contains vitamin C Helps improve immune system	Stews, soups, pizza and burgers Any braised or roasted dish Vegetarian dishes
Rosemary 	Pine-like fragrance	Improves memory Improves immune system Prevents blood vessel damage	Roast or grilled meats, pizza, steaks, tomato sauce, bread
Chili 	Spicy Hot	Improves metabolism	Vegetable soup, stir-fry, stews
Cinnamon 	Sweet-spicy	Contains antioxidants Lowers blood sugar levels	Cake, sweet drinks, savory dishes, fruits and vegetables
Cumin 	Earthy, Spicy Smoky	Has antibacterial properties	Lamb, potatoes, beans, squash, bread, onions, eggplants, chicken
Ginger 	Peppery, Lemony Slightly sweet with sharp aroma	Helps relieve pain Improves immune system Improves digestion	Sweet and savory dishes, soup, seafood, vegetables, meats
Vinegar 	Acidic	Lower blood sugar Lower cholesterol	Salad dressing, marinade, salsa
Mushroom 	Umami	Rich in nutrients Low in calories Boosts the immune system	Stir-fry vegetables, pasta, chicken, lamb
Garlic 	Strong Spicy	Helps eliminate cancer cells Contains allicin Lowers blood pressure	Chicken, pork, seafood, curries, soups, sauces, onions, tomatoes, beans, ginger
Lemon Juice 	Bright taste Acidic	Improves immune system	Salads, steamed vegetables, sauteed vegetables, seafood, chicken, soups, sauces



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