

WORLD HYPERTENSION
DAY

STRONG HEART, LONG LIFE

Flavor isn't about **salt**.

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WHAT IF IT ALL STARTED IN YOUR
KITCHEN?



1 IN 3 ADULTS

suffers from hypertension in Africa

Often without knowing it.

The problem isn't just stress or age. It also comes from what we eat every day. And above all... hidden salt.

*Change begins in your
kitchen.*



SALT ISN'T JUST IN THE SHAKER

BOUILLON CUBES

High in sodium — a single cube can exceed the recommended daily intake.



STORE-BOUGHT SAUCES

Ketchup, mayonnaise, and various sauces: hidden salt in every spoonful.



SLOW-COOKED STEWS

Prolonged cooking concentrates both flavors and the salt content of ingredients.



The biggest danger is the salt you can't see. A single cube can be too much for your heart.

THE REAL PROBLEM:

FLAVOR



Reducing salt is important. But removing flavor... is impossible.

Without flavor, we always go back to salt.



AFRICAN FLAVOR ALREADY EXISTS



GARLIC

Deep flavor, natural antibacterial



ONION

The aromatic base of all African cuisine



GINGER

Spicy, digestive, anti-inflammatory



CHILI PEPPER

Heat and intensity without the sodium



LEMON

Acidity that replaces salt in cooking



LOCAL HERBS

Parsley, coriander, African basil



SALT-FREE CHICKEN YASSA

A famous dish, easy for families to adopt

INGREDIENTS

- 1 cut-up chicken
- 4 large onions
- 3 lemons (juiced)
- 3 garlic cloves
- 1 tsp pepper
- 1 tbsp mustard (opt.)
- 2 tbsp oil

PREPARATION

1. Mix chicken + lemon juice + garlic + pepper + mustard
2. Marinate for at least 2 hours (overnight is ideal)
3. Lightly grill the chicken
4. Sauté the onions in oil
5. Add the marinade and let it simmer
6. Add the chicken and cook on low heat for 20 minutes



FLAVOR TIP

The longer the marinade, the more intense the flavor. Lemon + onion naturally replace salt.

HEALTH BENEFITS

A flavor-rich dish without excess salt for your blood pressure.



CUBE-FREE TOMATO SAUCE

Replace cubes without losing the depth of flavor.

INGREDIENTS

- 6 fresh tomatoes
- 1 large onion
- 3 garlic cloves
- 1 piece of ginger
- 1 chili pepper (to taste)
- 2 tbsp oil

PREPARATION

1. Blend or crush the tomatoes.
2. Heat the oil.
3. Add onion + garlic + ginger; sauté gently.
4. Add tomatoes and chili.
5. Simmer for 20-30 minutes over low heat.



FLAVOR TIP

Slow cooking develops a rich taste. Ginger enhances the depth. No cube needed.

HEALTH BENEFIT

Less hidden salt, same richness of flavor.



SPICED GRILLED FISH

Lemon + garlic completely replace salt.

INGREDIENTS

- 2 whole fish
- 3 garlic cloves
- 1 lemon (juiced)
- 1 fresh chili pepper
- Black pepper
- 2 tbsp oil

PREPARATION

1. Clean and score the fish.
2. Prepare the marinade: garlic + lemon + chili + oil.
3. Brush the fish and let it rest for 1 hour.
4. Grill on the barbecue or in a hot oven.

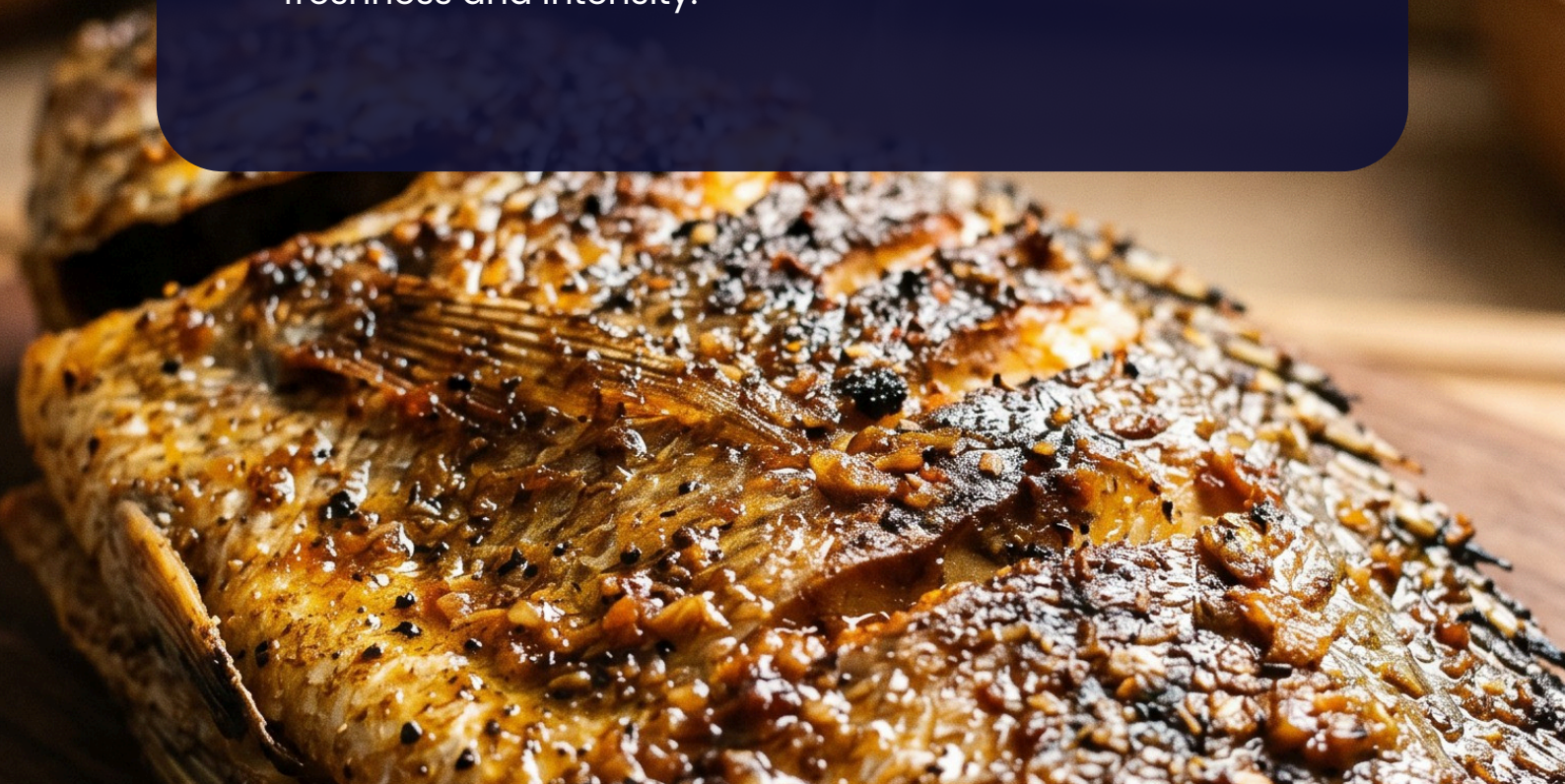


FLAVOR TIP

The marinade completely replaces salt. Lemon brings freshness and intensity.

HEALTH BENEFIT

A flavorful dish that protects your heart.



FRAGRANT STIR-FRIED **VEGETABLES**

Delicious vegetables with no added salt

INGREDIENTS

- Cabbage, carrots, green beans
- 1 chili pepper
- 2 garlic cloves
- 1 tbsp oil
- 1 piece of ginger

PREPARATION

1. Cut the vegetables into pieces
2. Heat the oil
3. Add the garlic and ginger, sauté briefly
4. Add the vegetables
5. Cook quickly for 5–10 minutes over high heat



FLAVOR TIP

Short cooking = flavor + texture preserved. Spices are enough to add flavor.

HEALTH BENEFIT

Delicious vegetables with no added salt.



LIGHT PEANUT SAUCE

Same rich flavor, no cube needed.

INGREDIENTS

- 3 tbsp peanut paste
- 2 tomatoes
- 1 onion
- 2 garlic cloves
- Water

PREPARATION

1. Sauté onion + garlic in oil.
2. Add crushed tomatoes.
3. Stir in the peanut paste.
4. Add water gradually. Simmer for 20 minutes while stirring.

FLAVOR TIP

Mix well to avoid lumps.
Peanuts naturally provide that savory umami taste.

HEALTH BENEFIT

Less salt, same richness of flavor.



HOW TO REPLACE THE CUBE?

The cube = salt + enhancers.
Here is how to do without it.



✓ **GARLIC + ONION**

Sauté slowly over low heat until caramelized.
It's the umami base of every African sauce.

✓ **FRESH GINGER**

Grated or crushed at the start of cooking.
Adds depth and heat without sodium.

✓ **LEMON**

Squeezed at the end of cooking or in a
marinade. The acidity enhances flavors just
like salt.

✓ **LOCAL SPICES**

Mix: pepper + chili + coriander + cumin.
Create your own homemade bouillon.

***Your cooking can be flavorful AND
protective.***



3 SIMPLE ACTIONS

STARTING TODAY

1

TASTE BEFORE SALTING

Get into the habit of tasting your dish before adding salt. Often, it doesn't need any.

2

REPLACE BOUILLON CUBES WITH SPICES

Prepare your own mix: garlic + onion + ginger + dried chili. Effective and healthy.

3

3. LEMON AND GARLIC TO BOOST FLAVOR

A touch of lemon or fresh garlic at the end of cooking enhances flavors better than salt.



A MESSAGE FROM YOUR DOCTOR

“ As a doctor, I recommend reducing salt... but above all, learning to cook differently. Your local spices are your best preventive medicine.

”

YOUR DOCTOR





YOUR HEART STARTS ON YOUR PLATE

You don't have to eliminate
the pleasure.

JUST CHANGE THE WAY
YOU COOK.

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