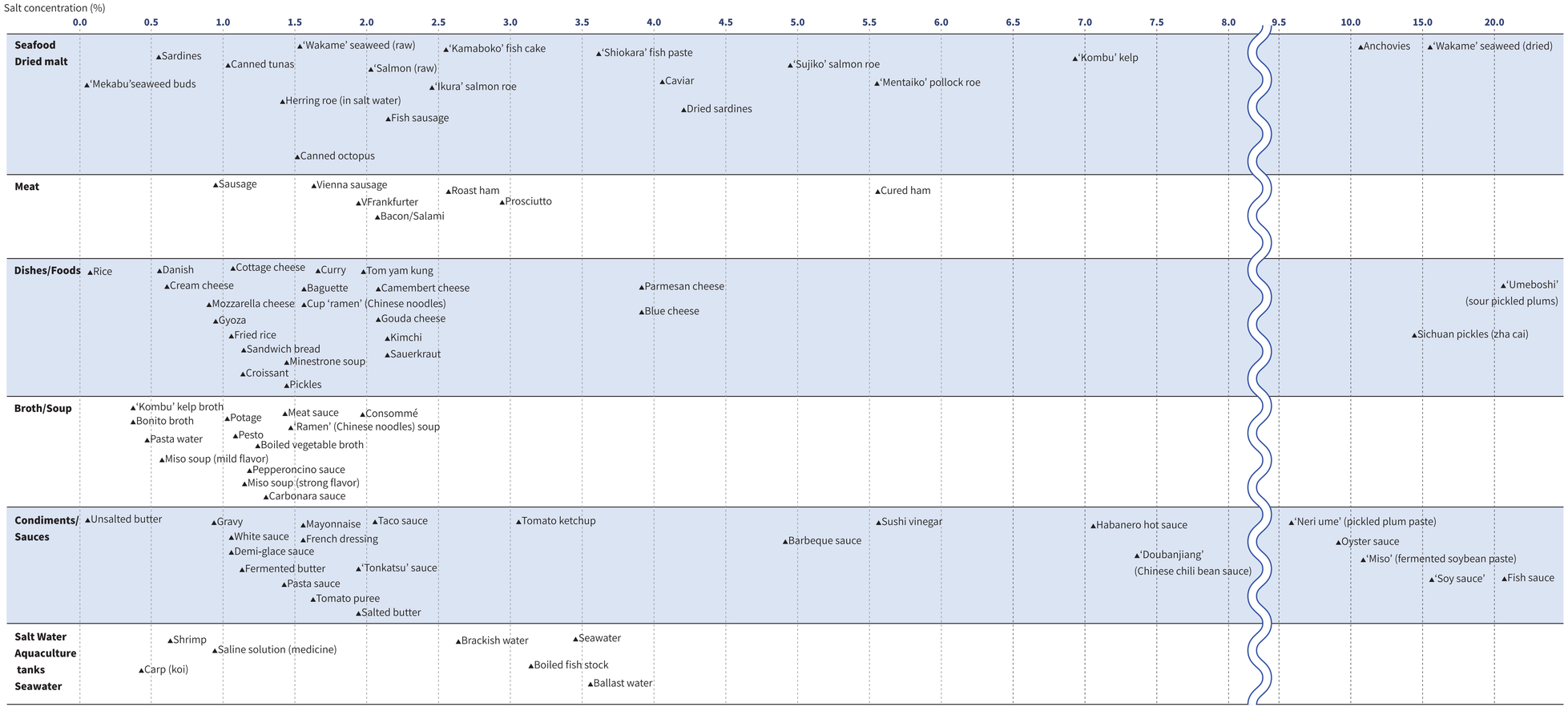
Salt concentration (%)
0.0
0.5
1.0
1.5
2.0
2.5
3.0
3.5
4.0
4.5
5.0
5.5
6.0
6.5
7.0
7.5
8.0
9.5
10.0
15.0
20.0
Seafood
Dried malt
▲Sardines
▲Canned tunas
▲'Wakame' seaweed (raw)
▲'Kamaboko' fish cake
▲'Shiokara' fish paste
▲'Sujiko' salmon roe
▲'Kombu' kelp
▲Anchovies
▲'Wakame' seaweed (dried)
▲'Mekabu'seaweed buds
▲'Salmon (raw)
▲'Ikura' salmon roe
▲Caviar
▲'Mentaiko' pollock roe
▲Herring roe (in salt water)
▲Dried sardines
▲Fish sausage
▲Canned octopus
Meat
▲Sausage
▲Vienna sausage
▲Roast ham
▲Prosciutto
▲VFrankfurter
▲Bacon/Salami
▲Cured ham
Dishes/Foods
▲Rice
▲Danish
▲Cottage cheese
▲Curry
▲Tom yam kung
▲Cream cheese
▲Baguette
▲Camembert cheese
▲Parmesan cheese
▲'Umeboshi'
(sour pickled plums)
▲Mozzarella cheese
▲Cup 'ramen' (Chinese noodles)
▲Gyoza
▲Gouda cheese
▲Blue cheese
▲Fried rice
▲Kimchi
▲Sichuan pickles (zha cai)
▲Sandwich bread
▲Sauerkraut
▲Minestrone soup
▲Croissant
▲Pickles
Broth/Soup
▲'Kombu' kelp broth
▲Bonito broth
▲Potage
▲Meat sauce
▲Consommé
▲'Ramen' (Chinese noodles) soup
▲Pasta water
▲Pesto
▲Boiled vegetable broth
▲Miso soup (mild flavor)
▲Pepperoncino sauce
▲Miso soup (strong flavor)
▲Carbonara sauce
Condiments/
Sauces
▲Unsalted butter
▲Gravy
▲Mayonnaise
▲Taco sauce
▲Tomato ketchup
▲Sushi vinegar
▲Habanero hot sauce
▲'Neri ume' (pickled plum paste)
▲White sauce
▲French dressing
▲Barbeque sauce
▲Oyster sauce
▲Demi-glace sauce
▲'Doubanjiang'
(Chinese chili bean sauce)
▲'Miso' (fermented soybean paste)
▲Fermented butter
▲'Tonkatsu' sauce
▲'Soy sauce'
▲Fish sauce
▲Pasta sauce
▲Tomato puree
▲Salted butter
Salt Water
Aquaculture
tanks
Seawater
▲Shrimp
▲Brackish water
▲Seawater
▲Saline solution (medicine)
▲Carp (koi)
▲Boiled fish stock
▲Ballast water