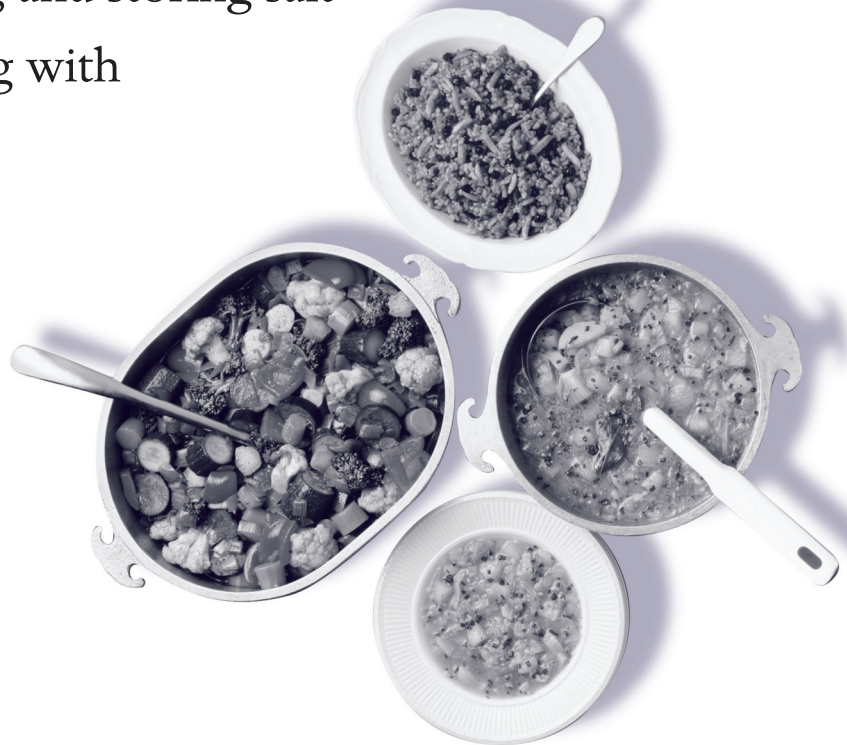


Adding Flavor Without Adding Salt

While people often say that food tastes bland without salt, there are many tasty alternatives.

Herbs, spices, and seasoning mixes are great ways to add savory, spicy, or tangy flavors to food. This booklet offers tips for flavoring foods without salt, using and storing salt alternatives, and cooking with low-sodium ingredients.



Cut Sodium by 30% in 2 Steps

Just 2 simple steps can help you lower your sodium intake by up to 30%.

1. Experiment with no- or low-salt herbs, spices, and seasoning mixes. Examples are black or cayenne pepper; dried and fresh garlic, garlic or onion powder (not salt); dill, parsley, and rosemary. Bottled spice mixes are fine—just make sure sodium or salt aren't among the ingredients.
2. Add zip to vegetables and salads with fresh lemon juice. Before cooking, season or marinate meat, poultry, and fish with onion, garlic, and your favorite herbs.

Steer clear of spices and seasoning mixes with the word *salt* or *sodium* in the name; they can be very high in sodium. Just a teaspoon of a seasoned salt like garlic salt or celery salt has about 1,500 milligrams of sodium.

Low-Sodium Spices, Herbs, Seasonings

Allspice
Basil
Bay leaves
Black pepper
Cayenne pepper
Chili powder
Chives
Cinnamon
Cloves
Cocoa powder
Cumin
Curry
Dill
Dry mustard
Flavored extracts (vanilla, almond, etc.)
Fresh garlic/garlic powder
Ginger
Lemon juice
Low-sodium ketchup (limit 1-2 tbsp.)
Nutmeg
Onion powder
Oregano
Paprika
Parsley
Pimento
Red pepper
Sage
Salt substitute (with doctor's okay)
Tabasco® pepper sauce (limit 1 tbsp.)
Thyme
Vinegar

More Seasoning Tips

- Use fresh herbs whenever you can. For maximum flavor, grind them with a mortar and pestle
- “Grate” for great taste. Grate fresh ginger with a flat, sheet-type grater
- Dried herbs can give a pungent flavor—but use them sparingly. Good choices are thyme, rosemary, and marjoram
- Add zest with citrus zest, the colored part of the peel without the pale layer underneath. Use a vegetable peeler to make thin strips, or grate with a flat, sheet-type grater
- Try roasting vegetables in a hot oven to bring out natural sugars and full flavor
- Add vinegar at the last minute to vegetables, greens, and fish
- For extra “heat,” add fresh hot peppers to your dishes. Remove the seeds and inner membrane, chop finely, and use sparingly

How to Make Recipes Lower in Sodium

There’s no need to give up your favorite recipes just because you need to eat less sodium. Instead, try trading in the high-sodium ingredients for lower-sodium ones and, of course, skip the salt.

Low-Sodium Substitutes for High-Sodium Products

INSTEAD OF	USE
Regular peanut butter	Unsalted peanut butter
Canned pasta sauce	No-salt-added pasta sauce
Salted nuts	Unsalted nuts
Self-rising flour	Enriched-white or whole-wheat flour
Ham	Fresh pork
Turkey ham	Turkey
Corned beef	Roast beef
Instant oatmeal	Regular cooking oatmeal

Remember

There's no need to give up flavor or your favorite recipes just because you need to eat less sodium. Instead, try trading in the high-sodium ingredients, spices, and seasonings for low-sodium versions. And, of course, skip the salt.