

Spice Up Your Life!



Low Sodium Options for Seasoning Your Food

If you are on a low-sodium diet, you might think that you have to sacrifice flavor. However, there is a world of flavorful alternatives to salt that can enhance the foods you enjoy. Below are some fun combinations of foods and seasonings to create delicious low-sodium meals. Try these combinations for yourself and discover a new way to spice up your life!

Seasoning	Food and Sauce Pairings
Allspice	Lean meats, stews, tomatoes, peaches, applesauce, cranberry sauce, gravies
Almond Extract	Puddings, fruit
Basil	Fish, lamb, lean ground meats, stews, salads, soups, sauces, fish cocktails
Bay Leaves	Lean meats, stews, poultry, soups, tomatoes
Caraway Seeds	Lean meats, stews, soups, salads, breads, cabbage, asparagus, noodles
Chives	Salads, sauces, soups, lean meat dishes, vegetables
Cider Vinegar	Salads, vegetables, sauces
Cinnamon	Fruits (especially apples), breads
Curry Powder	Lean meats (especially lamb), veal, chicken, fish, tomatoes, tomato soup
Dill	Fish, fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean beef, lamb, chicken

Seasoning	Food and Sauce Pairings
Garlic (not garlic salt)	Lean meats, fish, soups, salads, vegetables, tomatoes, potatoes
Ginger	Chicken, fruits
Lemon Juice	Lean meats, fish, poultry, salads, vegetables
Mace	Hot breads, apples, fruit salads, carrots, cauliflower, squash, potatoes, veal, lamb
Mustard (dry)	Lean meats, chicken, fish, salads, asparagus, broccoli, Brussels sprouts, cabbage, sauces
Nutmeg	Fruits, potatoes, chicken, fish, lean meat loaf, toast, veal, pudding
Onion Powder (not onion salt)	Lean meats, stews, vegetables, salads, soups
Paprika	Lean meats, fish, soups, salads, sauces, vegetables
Parsley	Lean meats, fish, soups, salads, sauces, vegetables
Peppermint Extract	Puddings, fruits
Pimiento	Salads, vegetables, casserole dishes
Rosemary	Chicken, veal, lean meat loaf, lean beef, lean pork, sauces, stuffing, potatoes, peas, lima beans
Sage	Lean meats, stews, biscuits, tomatoes, green beans, fish, lima beans, onions, lean pork
Savory	Salads, lean pork, lean ground meats, soups, green beans, squash, tomatoes, lima beans, peas
Thyme	Lean meats (especially veal and lean pork), sauces, soups, onions, peas, tomatoes, salads
Turmeric	Lean meats, fish, sauces, rice



The contents provided are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please consult with your physician or other qualified health provider prior to changing your diet, starting an exercise regimen, or with any questions that you may have about your health or medical condition.

Source: American Heart Association