

## Use Seasonings Instead of Table Salt

Table salt and other prepared seasonings are a major source of sodium in the American diet. If you usually add salt to food while preparing it or at the table (especially before tasting it), this is the first place to start cutting back. Learn to use spices and herbs and to enjoy the natural flavor of food. If you want to try a salt substitute, check with your doctor first. Salt substitutes are OK for some people but not for everyone. Here are some spices and herbs and the food items with which they are a particularly good flavor match.

**Allspice** — Lean ground meats, stews, tomatoes, peaches, applesauce, cranberry sauce, gravies, lean meat

**Almond extract** — Puddings, fruits

**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, pie crusts

**Curry powder** — Lean meats (especially lamb), veal, chicken, fish, tomatoes, tomato soup, mayonnaise

**Dill** — Fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean beef, lamb, chicken, fish

**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 ground meats, lean meats, chicken, fish, salads, asparagus, broccoli, Brussels sprouts, cabbage, mayonnaise, sauces

**Nutmeg** — Fruits, piecrust, lemonade, potatoes, chicken, fish, lean meat loaf, toast, veal, pudding

**Onion** (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, stuffings, 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, beans, onions, lean pork

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