

Don't Salt It—Herb and Spice It!

Herb or Spice	Main Dish	Salad	Sauces and Soup	Vegetables
Allspice	Pot Roast, Duck, Turkey, Chicken, Fish	Fruit Salad	Tomato	Beets
Cayenne	Beef, Stews, Chicken, Seafood	All except Fruit	Meat, Vegetable, Chili	All
Chili Powder	Beef dishes, Chicken	Bean Salad	Chili, Mexican	Corn
Cloves			Tomato	Winter Squash, Sweet Potatoes
Curry Powder	Meat, Fish, Poultry, Lamb, Veal, Fish, Seafood	Chicken Salad	Vegetable, Chowders	Rice, Creamed Vegetables
Ginger	Pork, Poultry, Chinese Dishes	Fruit Salad	Dessert Sauce, Chinese Soups	Squash, Chinese Vegetables
Mace	Poultry Stuffing, Veal	Fruit Salad	Fish, Poultry, Veal	Potatoes
Dry Mustard	Beef, Poultry, Fish, Eggs	Poultry, Tuna, Macaroni, Potato	Fish, Vegetable	Cabbage
Nutmeg	Poultry, Stews, Creamed Dishes	Fruit Salad	Dessert and Fruit Sauces, Pudding	All Vegetables except the Cabbage Family

Herb or Spice	Main Dish	Salad	Sauces and Soup	Vegetables
Paprika	Meat, Fish, Poultry, Creamed Dishes	All except Fruit Salad	All except Dessert Sauces	All
Basil	Tomato, Eggs, Fish, Poultry, Beef, Pork	Vegetable and Pasta Salads	Tomato, Vegetable, Minestrone	Cucumbers, Green Beans, Zucchini
Dill	Fish	Potato, Vegetable	Creamed type	Green Beans Cucumbers Cabbage Carrots
Marjoram	Italian Food, Meat, Fish, Poultry, Eggs	Salad Dressings	Tomato, Brown Sauce	Broccoli, Green Beans, Peas, Eggplant
Oregano	Italian Food, Meat, Poultry, Fish	Vegetable and Pasta	Tomato and Fish	Tomato, Broccoli, Zucchini, Eggplant
Parsley	All	All except Fruit	All except Fruit	All
Rosemary	Meat, Poultry, Fish		Vegetable, Meat, Poultry, Fish	Potatoes, Turnips, Cauliflower
Sage	Pork, Poultry, Stews	Vegetable Salads	Meat, Poultry, Pork	Mushrooms, Broccoli, Cabbage, Onions, Cauliflower
Thyme	Meat, Poultry, Fish, Stews	Vegetable Salads and Salad Dressings	Fish	Onions
Tarragon	Eggs, Poultry, Fish	Salad Dressings	Creamed Type	Potatoes

Choosing Lower-Sodium Foods

These foods are lower in sodium. Circle the ones you will eat more often.

Fruits	Fresh vegetables	Skim milk	Fresh meat
Fresh fish	Unsalted frozen vegetables	Fresh chicken	Unbasted turkey
Low-sodium soup	Shredded wheat	Low-sodium crackers	Unsalted cooked cereal
Whole-wheat bread	Diet drinks	Yogurt	Unsalted rice
Unsalted potatoes	Unsalted pretzels	Unsalted popcorn	Low-cholesterol egg substitute

On the Nutrition Label, foods that have less than 5 percent of the Daily Value are the lowest in sodium. Foods with 20 percent or more of the Daily Value have the most sodium. If you eat a food high in sodium, balance it with a food that is low in sodium.