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

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