Use Herbs and Spices Instead of Salt

Live Well

Eating less salt and sodium can help protect your heart. Try these herbs and spices instead of salt to season your food. Start with small amounts to see if you like them.

Allspice: for meats, fish, poultry, soups, stews, and desserts

Anise: for breads, snacks, soups, stews, vegetables, meats, and poultry

Annatto Seeds: for vegetables, meats, poultry, and rice

Basil: for soups, salads, vegetables, fish, and meats

Bay Leaf: for soups, stews, meats, poultry, seafood, and sauces

Cayenne Pepper: for meats, poultry, stews, and sauces

Celery Seed: for fish, salads, dressings, and vegetables

Chili Powder/Chile Pequeño: for meats, poultry, vegetables, fish, and stews

Cilantro: for meats, sauces, stews, and rice

Cinnamon: for salads, vegetables, breads, and snacks

Clove: for soups, salads, and vegetables.

Cumin: for meats and poultry

Curry Powder: for meats, shellfish, and vegetables

Dill Weed and Dill Seed: for fish, soups, salads, and vegetables

Garlic: for soups, stews, salads, vegetables, meats, poultry, seafood, and sauces

Garlic Powder: for meats, poultry, fish, vegetables, salads, soups, and stews

Ginger: for soups, salads, vegetables, and meats

Lemongrass: for soups, stews, meats, poultry, seafood, and sauces

Marjoram: for soups, salads, vegetables, beef, fish, and poultry

Nutmeg: for vegetables and meats

Onion Powder/Green Onion: for meats, poultry, soups, and salads

Oregano: for soups, salads, vegetables, meats, and poultry

Paprika: for meats, fish, poultry, and vegetables

Parsley: for salads, vegetables, fish, and meats

Rosemary: for salads, vegetables, fish, and meats

Saffron: for breads, snacks, soups, stews, poultry, seafood, sauces, and rice

Sage: for soups, salads, vegetables, meats, and poultry

Tamarind: for soups, poultry, sauces, and rice

Thyme: for salads, vegetables, fish, and poultry

Vinegar: for soups, salads, vegetables, meats, and poultry

Find more tips to help you reduce salt and sodium see www.nhlbi.nih.gov/resources/tips-reduce-salt-sodium

National Heart, Lung, and Blood Institute

THE heart TRUTH

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