

DASH DIET SEASONING GUIDE

Enhance flavor without adding sodium. Use these herb and spice pairings for a heart-healthy kitchen.

PROTEIN/DISH	RECOMMENDED SALT-FREE SEASONINGS
Beef	Bay leaf, Marjoram, Nutmeg, Onion, Pepper, Sage, Thyme
Chicken	Ginger, Oregano, Paprika, Poultry Seasoning, Rosemary, Sage, Tarragon, Thyme
Fish	Curry powder, Dill, Dry mustard, Lemon juice, Marjoram, Paprika, Parsley
Pork	Apple cider vinegar, Garlic, Onion, Sage, Rosemary, Thyme
Vegetables	Basil, Chives, Lemon juice, Onion, Tarragon, Toasted sesame seeds
Grains & Rice	Cumin, Fennel, Garlic, Parsley, Saffron, Turmeric

Flavor Tip: Avoid pre-mixed "Seasoned Salts." Instead, create your own blends using dried herbs and citrus zest. To unlock the most flavor from dried herbs, crush them between your palms before adding them to the pot.