

HYPERTENSION DIET SEASONING CHART

Protein / Dish	Recommended (Salt-Free)	Avoid / Limit
Beef	Bay leaf, Marjoram, Nutmeg, Onion, Pepper, Sage, Thyme	Soy sauce, Steak sauce, Garlic salt
Chicken	Ginger, Lemon juice, Paprika, Parsley, Rosemary, Saffron, Tarragon	Bouillon cubes, Poultry seasoning, Teriyaki
Fish	Curry powder, Dill, Dry mustard, Lemon pepper (sodium-free), Lemongrass	Canned broths, Tartar sauce, Smoked salts
Pork	Apple, Garlic, Onion, Sage, Rosemary, Vinegar	Bacon bits, BBQ sauce, Cured ham glaze
Vegetables	Basil, Chives, Dill, Tarragon, Balsamic glaze, Sesame oil	Canned veg liquid, Butter salt, MSG
Salads	Lemon, Vinegar, Fresh herbs, Toasted seeds, Cracked pepper	Bottled dressings, Pickles, Croutons

Note: Always check labels for "Sodium" content. Aim for fresh herbs and citrus to enhance flavor without salt.