

KIDNEY FRIENDLY SEASONING CHART

Low Sodium & Low Potassium & Flavor Focused

POULTRY & FISH

- Lemon Juice & Zest
- Fresh Dill
- Tarragon
- Garlic Powder (No Salt)
- Paprika (Sweet or Smoked)

BEEF & PORK

- Black Pepper
- Onion Powder
- Rosemary
- Thyme
- Dry Mustard

VEGETABLES

- Balsamic Vinegar
- Red Pepper Flakes
- Cilantro
- Basil
- Curry Powder

AROMATIC BLENDS

- Italian Seasoning (Salt-Free)
- Herbes de Provence
- Cinnamon & Nutmeg
- Ginger (Fresh or Ground)
- Apple Cider Vinegar

THE "AVOID" LIST

- — Sea Salt / Table Salt
- — Potassium Chloride (Salt Substitutes)
- — Garlic Salt / Onion Salt
- — Bottled Marinades (High Sodium)

Consult with a renal dietitian before making significant dietary changes.