

LOW SODIUM FLAVOR GUIDE

Protein / Dish	Recommended Herbs & Spices
Beef	Bay leaf, Marjoram, Nutmeg, Onion, Pepper, Sage, Thyme
Chicken	Ginger, Oregano, Paprika, Rosemary, Sage, Tarragon, Thyme
Fish	Curry powder, Dill, Dry mustard, Lemon juice, Marjoram, Paprika
Pork	Garlic, Onion, Sage, Rosemary, Thyme, Applesauce
Vegetables	Basil, Dill, Garlic, Lemon juice, Onion, Parsley, Vinegar
Pasta	Basil, Garlic, Oregano, Parsley, Red pepper flakes
Eggs	Basil, Chives, Dill, Green pepper, Paprika, Tarragon

* Focus on fresh citrus and vinegars to enhance flavors without salt.