

LOW SODIUM FLAVOR GUIDE

FOOD CATEGORY	SODIUM-FREE FLAVOR ENHANCERS
Beef	Bay leaf, Marjoram, Nutmeg, Onion, Pepper, Sage, Thyme, Garlic.
Chicken & Poultry	Lemon juice, Paprika, Rosemary, Sage, Tarragon, Thyme, Turmeric.
Fish	Dill, Fennel, Lemon, Mustard powder, Parsley, White pepper.
Pork	Apple cider vinegar, Garlic, Onion, Sage, Rosemary, Ginger.
Vegetables	Basil, Chives, Ginger, Lemon peel, Tarragon, Balsamic vinegar.
Pasta & Grains	Basil, Oregano, Pine nuts, Toasted sesame seeds, Fresh tomato.
Eggs	Chives, Green pepper, Curry powder, Paprika, Red pepper flakes.