

SALT ALTERNATIVE SPICE CHART

Flavor enhancement without sodium

FOOD CATEGORY	RECOMMENDED HERBS & SPICES
Beef	Bay leaf, Marjoram, Nutmeg, Onion, Pepper, Sage, Thyme
Poultry	Ginger, Oregano, Paprika, Rosemary, Sage, Tarragon, Thyme
Fish	Curry powder, Dill, Dry mustard, Lemon juice, Lemongrass, Paprika
Pork	Coriander, Garlic, Onion, Sage, Thyme, Applesauce
Vegetables	Basil, Chives, Dill, Tarragon, Vinegar, Lemon zest
Pasta / Rice	Basil, Fennel, Garlic, Parsley, Saffron, Toasted Sesame
Eggs	Basil, Chives, Curry powder, Paprika, Red pepper flakes

Print Reference Chart