

SALT SUBSTITUTE SEASONING GUIDE

Flavor Enhancement Without Sodium

FOOD CATEGORY	RECOMMENDED HERBS & SPICES
Beef	Bay leaf, Marjoram, Nutmeg, Onion, Pepper, Sage, Thyme
Chicken	Ginger, Lemon juice, Paprika, Rosemary, Sage, Thyme
Fish	Curry powder, Dill, Dry mustard, Lemon juice, Paprika
Pork	Garlic, Onion, Sage, Rosemary, Apple cider vinegar
Vegetables	Dill, Tarragon, Garlic powder, Parsley, Toasted sesame seeds
Pasta/Rice	Basil, Fennel, Oregano, Saffron, Fresh Garlic

Note: Experiment with acids like lemon juice or vinegar to brighten flavors in place of salt.