

SODIUM CONSCIOUS SEASONING GUIDE

Flavorful salt-free alternatives for daily cooking

POULTRY & GAME

- Sage 0mg
- Rosemary 0mg
- Thyme 0mg
- Lemon Zest 0mg
- Paprika 0mg

BEEF & RED MEAT

- Garlic Powder 0mg
- Onion Powder 0mg
- Black Pepper 0mg
- Dry Mustard 0mg
- Bay Leaf 0mg

SEAFOOD

- Dill Weed 0mg
- Parsley 0mg
- Tarragon 0mg
- Coriander 0mg
- Cayenne 0mg

VEGETABLES

- Basil 0mg
- Oregano 0mg
- Cumin 0mg
- Apple Cider Vinegar 0mg
- Turmeric 0mg

QUICK LOW-SODIUM BLENDS

- **Italian:** Basil + Oregano + Garlic + Red Pepper Flakes
- **Mexican:** Cumin + Chili Powder + Onion + Smoked Paprika
- **Herb:** Thyme + Rosemary + Sage + Black Pepper

**Values based on raw, unprocessed dried herbs and spices. Always check labels for hidden additives.*