

# Use Herbs and Spices Instead of Salt



Eating less salt and sodium can help protect your heart. Try these herbs and spices instead of salt to season your food. Start with small amounts to see if you like them.

**Allspice:** for meats, fish, poultry, soups, stews, and desserts

**Anise:** for breads, snacks, soups, stews, vegetables, meats, and poultry

**Annatto Seeds:** for vegetables, meats, poultry, and rice

**Basil:** for soups, salads, vegetables, fish, and meats

**Bay Leaf:** for soups, stews, meats, poultry, seafood, and sauces

**Cayenne Pepper:** for meats, poultry, stews, and sauces

**Celery Seed:** for fish, salads, dressings, and vegetables

**Chili Powder/Chile Pequeño:** for meats, poultry, vegetables, fish, and stews

**Cilantro:** for meats, sauces, stews, and rice

**Cinnamon:** for salads, vegetables, breads, and snacks

**Clove:** for soups, salads, and vegetables.

**Cumin:** for meats and poultry

**Curry Powder:** for meats, shellfish, and vegetables

**Dill Weed and Dill Seed:** for fish, soups, salads, and vegetables

**Garlic:** for soups, stews, salads, vegetables, meats, poultry, seafood, and sauces

**Garlic Powder:** for meats, poultry, fish, vegetables, salads, soups, and stews

**Ginger:** for soups, salads, vegetables, and meats

**Lemongrass:** for soups, stews, meats, poultry, seafood, and sauces

**Marjoram:** for soups, salads, vegetables, beef, fish, and poultry

**Nutmeg:** for vegetables and meats

**Onion Powder/Green Onion:** for meats, poultry, soups, and salads

**Oregano:** for soups, salads, vegetables, meats, and poultry

**Paprika:** for meats, fish, poultry, and vegetables

**Parsley:** for salads, vegetables, fish, and meats

**Rosemary:** for salads, vegetables, fish, and meats

**Saffron:** for breads, snacks, soups, stews, poultry, seafood, sauces, and rice

**Sage:** for soups, salads, vegetables, meats, and poultry

**Tamarind:** for soups, poultry, sauces, and rice

**Thyme:** for salads, vegetables, fish, and poultry

**Vinegar:** for soups, salads, vegetables, meats, and poultry

Find more tips to help you reduce salt and sodium see [www.nhlbi.nih.gov/resources/tips-reduce-salt-sodium](http://www.nhlbi.nih.gov/resources/tips-reduce-salt-sodium).

