

Cut it Out—Sodium

- ✂ Use fresh or frozen vegetables when possible—canned veggies are higher in sodium
- ✂ Rinse canned foods such as beans, tuna, and veggies (reduces sodium 30-40%)
- ✂ Use fresh, frozen or dried herbs as flavor enhancers
- ✂ Limit convenience foods
- ✂ Check labels
- ✂ Try to stay away from smoked and cured meats—sausage, ham, bacon
- ✂ Consume potassium-rich foods to help balance sodium levels—bananas, nuts, legumes, tomatoes, and potatoes
- ✂ Try any number of low sodium seasoning blends
- ✂ Do not add salt when cooking rice, pasta or hot cereals

Flavor that Food

Meats

Beef	Bay leaf, marjoram, onion, pepper, sage, thyme
Pork	Rosemary, garlic, onion, pepper, sage, oregano
Chicken	Ginger, marjoram, oregano, paprika, rosemary, sage, tarragon, thyme, curry
Fish	Dill, dry mustard, lemon juice, marjoram, paprika, pepper

Spice it Up With:

Vegetables

Carrots	Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
Corn	Cumin, curry powder, onion, paprika, parsley
Green Beans	Dill, curry, lemon juice, marjoram, oregano, tarragon, thyme
Leafy Greens	Onion, pepper
Peas	Ginger, marjoram, onion, parsley, sage
Potatoes	Dill, garlic, onion, paprika, parsley, sage, chives
Summer Squash	Marjoram, nutmeg, rosemary, sage
Winter Squash	Cinnamon, ginger, nutmeg, onion
Tomatoes	Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper, garlic

Pasta/Rice

Parsley, basil, rosemary, chives