



SEASONING ALTERNATIVES TO SALT

There is a rich world of creative and flavorful alternatives to salt. Get started with this list of spices, herbs and flavorings and the food items with which they are a particularly good flavor match. Use your creativity and experiment!

Here are some seasonings to add variety:

- **Allspice:** Lean meats, stews, tomatoes, peaches, applesauce, cranberry sauce, gravies, lean meat
- **Almond extract:** Puddings, fruits
- **Basil:** Fish, lamb, lean ground meats, stews, salads, soups, sauces, fish cocktails
- **Bay leaves:** Lean meats, stews, poultry, soups, tomatoes
- **Caraway seeds:** Lean meats, stews, soups, salads, breads, cabbage, asparagus, noodles
- **Chives:** Salads, sauces, soups, lean meat dishes, vegetables
- **Cider vinegar:** Salads, vegetables, sauces
- **Cinnamon:** Fruits (especially apples), breads
- **Curry powder:** Lean meats (especially lamb), veal, chicken, fish, tomatoes, tomato soup
- **Dill:** Fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean beef, lamb, chicken, fish
- **Garlic (not garlic salt):** Lean meats, fish, soups, salads, vegetables, tomatoes, potatoes
- **Ginger:** Chicken, fruits
- **Lemon juice:** Lean meats, fish, poultry, salads, vegetables
- **Mace:** Hot breads, apples, fruit salads, carrots, cauliflower, squash, potatoes, veal, lamb
- **Mustard (dry):** Lean meats, chicken, fish, salads, asparagus, broccoli, Brussels sprouts, cabbage, sauces
- **Nutmeg:** Fruits, potatoes, chicken, fish, lean meat loaf, toast, veal, pudding
- **Onion powder (not onion salt):** Lean meats, stews, vegetables, salads, soups
- **Paprika:** Lean meats, fish, soups, salads, sauces, vegetables
- **Parsley:** Lean meats, fish, soups, salads, sauces, vegetables
- **Peppermint extract:** Puddings, fruits
- **Pimiento:** Salads, vegetables, casserole dishes
- **Rosemary:** Chicken, veal, lean meat loaf, lean beef, lean pork, sauces, stuffings, potatoes, peas, lima beans
- **Sage:** Lean meats, stews, biscuits, tomatoes, green beans, fish, lima beans, onions, lean pork
- **Savory:** Salads, lean pork, lean ground meats, soups, green beans, squash, tomatoes, lima beans, peas
- **Thyme:** Lean meats (especially veal and lean pork), sauces, soups, onions, peas, tomatoes, salads
- **Turmeric:** Lean meats, fish, sauces, rice

Source: American Heart Association