

Alternatives to Using Salt in Foods

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Instead of salt to season your food, there are many herbs and spices you may use.

Herb Blend

This blend of herbs and spices is especially good on meats and vegetables.

- 1 teaspoon each:
 - dried basil
 - dried marjoram
 - thyme
 - dried oregano
 - dried parsley
 - ground cloves
 - ground mace
 - black pepper
 - dried savory
- ¼ teaspoon each:
 - ground nutmeg
 - cayenne

Vary the amounts to suit your taste.

Spice Blend

Fill the salt shaker with this spice blend:

- 4 tablespoons dry mustard
- 1 tablespoon garlic powder
- 4 tablespoons onion powder
- 2 tablespoons white pepper
- 1 tablespoon thyme
- 1 teaspoon basil
- 4 tablespoons paprika.

Combine spices and blend well. Put a small amount of rice in the bottom of your shaker to allow the spice blend to flow easily. Fill the shaker with spice blend, using a funnel. Label it and keep it handy.

Other Flavoring Ideas

You can use other foods as seasonings, too. Salt-free flavoring ideas include:

- **beef:** bay leaf, curry, dry mustard, sage, marjoram, mushrooms, nutmeg, onion, pepper, thyme
- **lamb:** curry, garlic, mint, pineapple, rosemary
- **pork:** apples, applesauce, garlic, onion, sage, peaches
- **veal:** apricots, bay leaf, curry, ginger, marjoram, oregano.

- **fish:** bay leaf, lemon juice, marjoram, mushrooms, paprika
- **chicken:** cranberries, paprika, thyme, sage
- **asparagus:** lemon juice
- **corn:** green pepper, tomato
- **green beans:** marjoram, lemon juice, nutmeg, dillweed, unsalted french dressing
- **peas:** onion, mint, mushrooms, green pepper
- **potatoes:** onion, mace, green pepper
- **squash:** ginger, mace, onion, cinnamon
- **tomatoes:** basil, onion, oregano

Many salt substitutes are high in potassium. Some people with heart failure should not take large amounts of potassium, especially if they are taking an ACE inhibitor. Check with your health care provider before using any salt substitutes.