THE HEART FAILURE PATIENT FOUNDATION

Patient Tip Sheet

LOW SODIUM SEASONING GUIDE



Flavor Without the Salt: A Guide to Savory Seasoning

- Swap the shaker for flavor! Challenge yourself to cook and dine without added salt.
  - One teaspoon of salt is equal to 2,300 mg of sodium.
- Use spices and herbs to flavor your foods to add interest and variety.
- Herb blends can be found in your local store to add flavor to the foods you enjoy.
- Be sure to check all labels to ensure they do not contain salt or sodium on the list of ingredients.

How to Cook with Herbs and Spices:

- To release more flavor and aroma, finely chop fresh herbs before using them in the recipe. Try using kitchen shears.
- Add herbs and spices at the end of the cooking time in soups and stews. That way the flavors won't cook out.
- Add herbs and spices several hours before serving a cold dish, such as salads and dips.
- A general rule of thumb with herbs and spices: one tablespoon of fresh herbs equals one teaspoon of dried herbs.

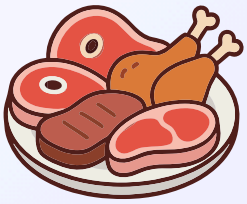
Finding "Hidden" Salt on a Label

- Sodium benzoate (a preservative)
- Sodium nitrate (a preservative used in processed meats)
- Bicarbonate of soda or baking soda
- Sodium pyrophosphage
- Monosodium glutamate

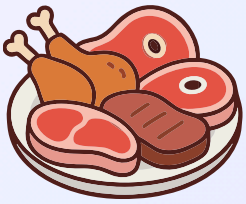
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MEATS AND PROTEINS



Meats & Protein	Suggested Seasoning
Beef	Allspice, basil, bay leaf, caraway seed, celery seed, chili powder, cumin, ginger, onion or garlic powder, rosemary, savory, tarragon or thyme
Eggs	Basil, celery seed, chili powder, curry, cumin, marjoram, rosemary and savory
Fish	Curry powder, dill, lemon or marjoram
Lamb	Curry powder, mint, onion or garlic powder or rosemary
Pork	Bay leaf, caraway seed, chili powder, cloves, curry powder, onion or garlic powder, rosemary, sage, savory or thyme
Poultry/chicken	Bay leaf, curry, ginger, lemon juice, onion or garlic powder, oregano, poultry seasoning, rosemary, sage, saffron, savory, tarragon or thyme
Veal	Bay leaf, ginger, marjoram, mint, onion or powder, oregano, rosemary, savory or thyme

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VEGETABLES



Vegetables	Suggested Seasoning
Broccoli	Onion or garlic powder
Cabbage	Allspice, bay leaf, caraway seed, celery seed, chives, curry powder, dill, dry mustard, nutmeg, oregano, savory or tarragon
Carrots	Allspice, basil, caraway seed, celery seed, chives, curry powder, dill, dry mustard, nutmeg, oregano, savory or tarragon
Cauliflower	Caraway seed, celery seed, curry powder, dill, dry mustard, nutmeg, oregano, savory or tarragon
Corn	Chili powder or chives
Eggplant	Allspice, basil, bay leaf, chili powder, garlic powder, marjoram, sage, thyme
Green beans	Basil, bay leaf, caraway seed, dill, onion or garlic powder
Mushrooms	Cayenne pepper, garlic powder, lemon juice, rosemary, tarragon or thyme
Peas	Basil ,mint or parsley
Spinach	Allspice, basil, cinnamon, dill, marjoram, nutmeg, oregano or rosemary
Summer Squash	Allspice, basil, cinnamon, dill, marjoram or rosemary
Tomato	Basil, bay leaf, oregano, onion or garlic powder or parsley
Sweet Potato	Allspice, cardamom, cinnamon, cloves, ginger, nutmeg, basil, bay leaf or oregano
Potatoes	Basil, bay leaf, caraway seed, chives, dill, onion powder, oregano, parsley, rosemary, savory or thyme