Use Herbs and Spices Instead of Salt

Anise: Use in breads, snacks, soups, stews, vegetables, meats, and poultry.

Annatto Seeds: Use in vegetables, meats, poultry, and rice.

Basil: Use in soups, salads, vegetables, meats, and fish.

Bay Leaf: Use in soups, stews, meats, poultry, seafood, and sauces.

Chili Powder: Use in soups, salads, vegetables, and fish.

Cilantro: Use in stews, meats, sauces, and rice.

Cinnamon: Use in breads, snacks, salads, and vegetables.

Clove: Use in breads, snacks, soups, salads, and vegetables.

Dill Weed and Dill Seed: Use in soups, salads, vegetables, and fish.

Garlic: Use in soups, stews, salads, vegetables, meats, poultry, seafood, and sauces.

Ginger: Use in soups, salads, vegetables, meats, and seafood.

Green Onion/Onion Powder: Use in soups, salads, meats, poultry, and seafood.

Lemongrass: Use in soups, stews, meats, poultry, seafood, and sauces.

Marjoram: Use in soups, salads, vegetables, meats, poultry, and seafood.

Nutmeg: Use in breads, snacks, vegetables, and meats.

Oregano: Use in soups, salads, vegetables, meats, and poultry.

Parsley: Use in salads, vegetables, meats, poultry, and seafood.

Rosemary: Use in salads, vegetables, meats, and seafood.

Saffron: Use in breads, snacks, soups, stews, poultry, seafood, sauces, and rice.

Sage: Use in soups, salads, vegetables, meats, and poultry.

Tamarind: Use in soups, poultry, sauces, and rice.

Thyme: Use in salads, vegetables, poultry, and fish.

Vinegar: Use in soups, salads, vegetables, meats, and poultry.

Note: To start, use small amounts of these herbs and spices to see if you like them.