



## Use Herbs and Spices Instead of Salt

**Allspice:** For meats, fish, poultry, soups, stews, and desserts

**Basil:** For soups, salads, vegetables, fish, and meats

**Cayenne Pepper:** For meats, poultry, stews, and sauces

**Celery Seed:** For fish, salads, dressings, and vegetables

**Chili Powder:** For meats, poultry, and stews

**Cilantro:** For meats, sauces, stews, and rice

**Cinnamon:** For salads, vegetables, breads, and snacks

**Clove:** For soups, salads, and vegetables

**Cumin:** For meats and poultry

**Curry Powder:** For meats, shellfish, and vegetables

**Dill Weed and Dill Seed:** For fish, soups, salads, and vegetables

**Garlic Powder:** For meats, poultry, fish, vegetables, salads, soups, and stews

**Ginger:** For soups, salads, vegetables, and meats

**Marjoram:** For soups, salads, vegetables, beef, fish, and chicken



**Nutmeg:** For vegetables and meats

**Onion Powder:** For meats, poultry, soups, and salads

**Oregano:** For soups, salads, vegetables, meats, and chicken

**Paprika:** For meats, fish, poultry, and vegetables

**Parsley:** For salads, vegetables, fish, and meats

**Rosemary:** For salads, vegetables, fish, and meats

**Sage:** For soups, salads, vegetables, meats, and chicken

**Thyme:** For salads, vegetables, fish, and chicken