

What Seasonings Can Replace Salt?

If you are at risk for high blood pressure, your healthcare provider or dietitian may ask you to limit or avoid high-sodium foods. Herbs and spices are the answer to improving the natural flavors in foods without using salt. Below are some mixtures to use for meats, poultry, fish, vegetables, soups, and salads.

Spicy Blend

- 2 tablespoons dried savory, crumbled
- 1/4 teaspoon freshly ground white pepper
- 1 tablespoon dry mustard
- 1/4 teaspoon ground cumin
- 2 1/2 teaspoons onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon curry powder

Saltless Surprise

- 2 teaspoons garlic powder
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon powdered lemon rind or dehydrated lemon juice

Herb Seasoning

- 2 tablespoons dried dill weed or basil leaves, crumbled
- 1 teaspoon celery seed
- 2 tablespoons onion powder
- 1/4 teaspoon dried oregano leaves, crumbled
- Pinch of freshly ground pepper

Spicy Seasoning

- 1 teaspoon cloves
- 1 teaspoon pepper
- 2 teaspoons paprika
- 1 teaspoon coriander seed (crushed)
- 1 tablespoon rosemary

Source: Reviewed by Certified Diabetes Educators in the Department of Patient Education and Health Information and by physicians in the Department of Endocrinology at The Cleveland Clinic. The Cleveland Clinic, 2000-2004.

The Cooper Clinic nutrition department's experienced dietitians help thousands of clients each year improve their diet, lose excess pounds, and enjoy optimal health. For more information or to schedule a nutrition consultation with certified diabetes educator Lara Hassan, M.S., R.D., L.D., C.D.E., call 972-560-2655.