

Healthy Living

...for life!

Alameda County Public Health Department

Use these Seasonings Instead of Salt

Allspice — Lean meats, stews, tomatoes, peaches, applesauce, cranberry sauce, gravies

Basil — Fish, lamb, lean ground meats, stews, salads, soups, sauces, fish cocktails

Bay leaves — Lean meats, stews, poultry, soups, tomatoes

Caraway seeds — Lean meats, stews, soups, salads, breads, cabbage, asparagus, noodles

Chives — Salads, sauces, soups, lean meat dishes, vegetables

Cider vinegar — Salads, vegetables, sauces

Cinnamon — Fruits (especially apples), breads, pie crusts

Curry powder — Lean meats (especially lamb), veal, chicken, fish, tomatoes, tomato soup, mayonnaise

Dill — Fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean beef, lamb, chicken, fish

Garlic (not garlic salt) — Lean meats, fish, soups, salads, vegetables, tomatoes, potatoes

Ginger — Chicken, fruits

Lemon juice — Lean meats, fish, poultry, salads, vegetables

Mustard (dry) — Lean ground meats, lean meats, chicken, fish, salads, asparagus, broccoli, Brussels sprouts, cabbage, mayonnaise, sauces

Nutmeg — Fruits, piecrust, lemonade, potatoes, chicken, fish, lean meat loaf, toast, veal, pudding

Onion (not onion salt) — Lean meats, stews, vegetables, salads, soups

Paprika — Lean meats, fish, soups, salads, sauces, vegetables

Parsley — Lean meats, fish, soups, salads, sauces, vegetables

Pimiento — Salads, vegetables, casserole dishes

Rosemary — Chicken, veal, lean meat loaf, lean beef and pork, sauces, stuffing, potatoes, peas, beans

Sage — Lean meats, stews, biscuits, tomatoes, green beans, fish, lima beans, onions, lean pork

Savory — Salads, lean pork and ground meats, soups, green beans, squash, tomatoes, lima beans, peas

Thyme — Lean meats (especially veal and pork), sauces, soups, onions, peas, tomatoes, salads

Turmeric — Lean meats, fish, sauces, rice

