

Teaching Tool Download



SALT-FREE SEASONING IDEAS

Discover how to reduce sodium in your diet with flavorful, salt-free seasoning options. Learn about sodium, how much you should consume, and explore delicious alternatives to salt for healthier meals.

WHAT IS SODIUM?

Sodium is another word for the salt added to foods. Over 70% of the sodium in our diet comes from processed foods and restaurant meals.*

HOW MUCH SODIUM DO I NEED?

The average American consumes about 3,500 mg of sodium daily, while current guidelines recommend less than 2,300 mg per day (about one teaspoon of salt) or 1,500 mg for those with heart disease or high blood pressure.*

SALT-FREE SEASONING IDEAS

Fresh Herbs: Basil, rosemary, thyme, parsley, mint

Dried Herbs: Dill, sage, thyme, basil, oregano, Italian seasoning

Spices: Paprika, cumin, turmeric, black pepper, cayenne, garlic powder, onion powder, cinnamon, ginger

Vinegar: Balsamic, apple cider, red wine, white wine, rice vinegar

Citrus: Lemon juice, lime juice, orange zest

Aromatics: Garlic, onion, shallots, ginger

At the Grocery:

- **Mrs. Dash**– salt-free spice blends, marinades, and taco/ chili seasoning packs
- **Kitchen Basic's**– unsalted chicken/ veggie stock
- **McCormick Perfect Pinch**– salt-free seasoning blends



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PERFECT PAIRINGS

PROTEIN:

Eggs	Fish/Shellfish	Chicken/Turkey	Pork	Beef
<ul style="list-style-type: none"> • paprika • black pepper • chives • dill • basil • garlic powder • tarragon • red pepper flakes 	<ul style="list-style-type: none"> • dill • lemon juice • garlic • black pepper • thyme • paprika • parsley 	<ul style="list-style-type: none"> • rosemary • sage • paprika • thyme • lemon zest • garlic powder • black pepper 	<ul style="list-style-type: none"> • cumin • garlic powder • apple cider vinegar • sage • mustard powder • black pepper • coriander 	<ul style="list-style-type: none"> • black pepper • rosemary • onion powder • garlic powder • thyme • smoked paprika • coriander

FRUITS & VEGGIES

Fruit	Beans	Broccoli	Carrots	Potatoes
<ul style="list-style-type: none"> • cinnamon • cloves • ginger • lavender • mint • nutmeg • rosemary 	<ul style="list-style-type: none"> • cumin • coriander • garlic • onion powder • chili powder • oregano • paprika 	<ul style="list-style-type: none"> • Lemon zest • garlic powder • black pepper • red pepper flakes • onion powder • tarragon 	<ul style="list-style-type: none"> • cinnamon • nutmeg • thyme • rosemary • black pepper • orange zest • dill 	<ul style="list-style-type: none"> • rosemary • garlic powder • paprika • thyme • black pepper • onion powder • dill

Salad Greens	Sweetpotatoes
<ul style="list-style-type: none"> • balsamic vinegar • lemon juice • black pepper • apple cider vinegar • red wine vinegar • (fresh herbs) basil or parsley 	<ul style="list-style-type: none"> • chili powder • cumin • garlic powder • curry powder • onion powder • mustard powder • cinnamon • cardamom • Italian seasoning

GRAINS:

Brown Rice	Whole Wheat Pasta
<ul style="list-style-type: none"> • dried tyme • garlic powder • lemon zest • turmeric • cumin • basil • red pepper flakes 	<ul style="list-style-type: none"> • fresh or dried basil • oregano • red pepper flakes • garlic • black pepper • parsley • balsamic vinegar



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MAKE YOUR OWN

ITALIAN BLEND

2 tbsp dried basil, 2 tbsp dried oregano, 1 tbsp dried rosemary, 1 tbsp dried parsley, 1 tbsp garlic powder, 1 tbsp onion powder, 1 tsp thyme, 1 tsp crushed red pepper flakes

Use On: Pasta dishes, chicken, pizza, bread, soups, potatoes, or mix with olive oil for a dipping sauce

SOUTHWESTERN BLEND

1/3 cup chili powder, 1.5 tbsp ground cumin, 1 tbsp onion powder, 1 tbsp garlic powder, 1 tbsp paprika, 1.5 tsp dried oregano, 1/8 tsp cayenne pepper

Use On: Tacos, enchiladas, fajitas, chili, or as a meat rub

MEDITERRANEAN BLEND

3 tbsp dried rosemary, 1 tbsp dried basil, 1 tbsp dried oregano, 1 tbsp garlic powder, 1/2 tbsp dried parsley, 1/2 tbsp onion powder, 1 tsp dried thyme, 1 tsp dried dill, 1 tsp black pepper, 1/2 tsp ground cinnamon

Use On: Seafood, poultry, bread, soup, grains, pasta, potatoes, or mix with olive oil for a dipping sauce

CURRY BLEND

2 tbsp turmeric, 2 tbsp ground coriander, 1 tbsp ground cumin, 2 tsp ground cardamom, 2 tsp ground ginger, 2 tsp black pepper, 1 tsp ground cinnamon, 1 tsp ground cloves, 1 tsp ground nutmeg

Use On: Poultry, rice, lentils, chickpeas, soups

***RESOURCES:** <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day>

