

# Healthy Habits



## Healthy Habit: Hold the Salt

A high-sodium diet can wreak havoc on your health and put you at higher risk for high blood pressure, heart disease, stroke, and kidney disease. An easy change you can make when it comes to your eating habits is swapping added salt for no-sodium, high-flavor herbs and spices! Start experimenting with the seasonings below until you find your new go-to favorites!

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- Allspice** - Use in meats, fish, poultry, soups, stews, and desserts
  - Anise** - Use in breads, snacks, soups, stews, vegetables, meats, and poultry
  - Annatto Seeds** - Use in vegetables, meats, poultry, and rice
  - Bay Leaf** - Use in soups, stews, meats, poultry, seafood, and sauces
  - Basil** - Use in soups, salads, vegetables, fish, and meats
  - Cayenne Pepper** - Use in meats, poultry, stews, and sauces
  - Celery Seed** - Use in fish, salads, dressings, and vegetables
  - Chili Powder / Chile Pequeño** - Use in meats, poultry, vegetable, fish and stews
  - Cilantro** - Use in meats, sauces, stews, and rice
  - Cinnamon** - Use in salads, vegetables, breads, and snacks
  - Clove** - Use in soups, salads, and vegetables
  - Cumin** - Use in meats and poultry
  - Curry Powder** - Use in meats, shellfish, and vegetables
  - Dill Weed / Dill Seed** - Use in fish, soups, salads, and vegetables
  - Garlic** - Use in soups, stews, salads, vegetables, meats, poultry, seafood, and sauces
  - Garlic Powder** - Use in meats, poultry, fish, vegetables, salads, soups, and stews
  - Ginger** - Use in soups, salads, vegetables, and meats
  - Lemongrass** - Use in soups, stews, meats, poultry, seafood, and sauces
  - Marjoram** - Use in soups, salads, vegetables, beef, fish, and poultry
  - Nutmeg** - Use in vegetables and meats
  - Onion Powder / Green Onion** - Use in meats, poultry, seafood, soups, and salads
  - Oregano** - Use in soups, salads, vegetables, meats, and poultry
  - Paprika** - Use in meats, fish, poultry, and vegetables
  - Parsley** - Use in salads, vegetables, fish, and meats
  - Rosemary** - Use in salads, vegetables, fish, and meats
  - 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, fish, and poultry
  - Vinegar** - Use in soups, salads, vegetables, meats, and poultry
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