Seasoning Without Adding Salt

Dried or Fresh Herbs
Herbs are made from the leaves of a plant. Try a combination of the following (dried or fresh):
- Basil
- Bay leaf
- Chives
- Cilantro
- Dill
- Lavender
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

Spices
Spices are made from other parts of the plant, like roots or seeds.
Try a combination of the following:
- Cardamom
- Cayenne
- Cinnamon
- Cloves
- Cumin
- Garlic powder
- Ginger
- Nutmeg
- Onion powder
- Paprika
- Pepper
- Turmeric

Acidic Flavors
Citrus fruits:
- Lemon
- Lime
- Orange

Vinegar:
- Apple Cider
- Balsamic
- Sherry

Oils
- Avocado Oil
- Coconut Oil
- Flaxseed Oil
- Grapeseed Oil
- Olive Oil
- Peanut Oil
- Sesame Oil
- Walnut Oil

Before adding salt to your meals, try using these other ingredients to add unique new flavors without increasing your sodium consumption!

Sodium Effects
Increased sodium intake may lead to hypertension and heart disease. The body retains fluid as sodium levels increase, which leads to increased fluid and blood volume, forcing the heart to work harder.

The average American consumes 3400mg of sodium per day. For most people, the American Heart Association recommends limiting sodium to 2300mg, or 1 tsp of table salt, per day. For those with high blood pressure, aim for <1500mg of sodium per day.

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