

Resources

Low-sodium cookbooks

American Heart Association. *American Heart Association Low Salt Cookbook*. Fourth edition. New York: Clarkson Potter Publishers, 2011.

American Heart Association. *American Heart Association Quick and Easy Cookbook*. Second edition. New York: Clarkson Potter Publishers, 2012.

American Heart Association. *American Heart Association Eat Less Salt*. New York: Clarkson Potter Publishers, 2013.

American Heart Association. *American Heart Association Healthy Family Meals*. New York: Clarkson Potter Publishers, 2009.

Koslo, Jennifer. *The Heart Healthy Cookbook for Two*. Berkeley, CA: Rockridge Press, 2017.

Websites for low-sodium recipes

American Heart Association:
<https://recipes.heart.org/>

The Mayo Clinic:
www.mayoclinic.org/healthy-lifestyle/recipes/low-sodium-recipes/rcs-20077197

Eating Well:
www.eatingwell.com/recipes/18018/nutrient-focused-diets/low-sodium/

Seasoning Your Food without Salt

If you are trying to lower your salt intake, you can still enjoy flavorful meals. There are many ways to season your food without salt.

Simple things you can do:

- Add lemon or lime juice to meat, fish, vegetables or salads
- Mix regular or flavored vinegar with a little oil and add to salads
- Use butter-like sprays on vegetables
- Use herbs and spices or make your own seasoning blends
- Buy salt-free blends at the store
- Use a salt-substitute with your doctor's advice

Learn which foods and seasonings go well together

Try one or more of these herbs or seasonings in soups and stews. Add them during the last 20 minutes of cooking to bring out their flavor and aroma.

Pea soup: bay leaves, parsley or curry powder.

Vegetable soup: allspice, fennel, pepper, thyme, bay leaf, garlic or curry powder.

Bean soup: a pinch of dry mustard powder or cumin

Squash soup: curry powder, cinnamon, nutmeg, allspice or cloves.

Potato soup: fennel, chives, parsley, scallions or pepper.

Beef or vegetable stew: rosemary, bay leaves, marjoram, basil, chili powder, fennel, onion, garlic, parsley, tarragon or pepper.

See the food chart on the next page for other tasty pairings of food and seasonings.

Foods and seasonings

Food	Seasonings
<i>Beef</i>	Bay leaf, celery seed, curry powder, dry mustard powder, garlic, green pepper, marjoram, mushrooms, onion, oregano, paprika, pepper, sage, thyme
<i>Chicken</i>	Basil, curry powder, dry mustard powder, garlic, ginger, green pepper, lemon juice, mushrooms, nutmeg, paprika, pepper, pineapple, poultry seasoning, sage, tarragon, thyme
<i>Turkey</i>	Cranberries, mushrooms, paprika, parsley, poultry seasoning, sage, thyme
<i>Fish</i>	Bay leaf, cayenne pepper, celery seed, curry powder, dill, dry mustard powder, garlic, lemon juice, mace, marjoram, mushrooms, nutmeg, paprika, pepper, thyme
<i>Pork</i>	Applesauce, apple, curry powder, garlic, onion, oregano, pepper, rosemary, sage, thyme
<i>Lamb</i>	Curry powder, garlic, mint, pineapple, rosemary
<i>Veal</i>	Apricot, bay leaf, curry powder, ginger, marjoram, oregano
<i>Eggs</i>	Basil, cayenne hot sauce, chives, cumin, dill, mustard seed, pepper, sweet peppers, onions
<i>Cottage cheese</i>	Chives, marjoram, pepper
<i>Rice</i>	Chives, cilantro, curry powder, green pepper, onion, pimento, saffron
<i>Asparagus</i>	Garlic, lemon juice, vinegar
<i>Broccoli</i>	Mustard, pepper
<i>Carrots</i>	Cinnamon, cloves, mace, mint, rosemary, sage
<i>Cauliflower</i>	Nutmeg, pepper
<i>Corn</i>	Cumin, curry powder, green pepper, onion, paprika, parsley, pepper, pimento, tomato
<i>Cucumbers</i>	Chives, dill, garlic, vinegar
<i>Green beans</i>	Curry powder, dill, lemon juice, marjoram, nutmeg, oregano, pepper, tarragon, thyme
<i>Peas</i>	Green pepper, mint, mushrooms, onion, oregano, onion, sage
<i>Potatoes</i>	Chives, dill, garlic, green pepper, mace, mustard, onion, paprika, parsley, pepper, sage
<i>Spinach</i>	Garlic, lemon juice, marjoram, onion, vinegar
<i>Summer squash</i>	Cloves, curry powder, marjoram, nutmeg, rosemary, sage
<i>Tomatoes</i>	Basil, bay leaf, cilantro, dill, marjoram, mint, onion, oregano, paprika, parsley, pepper
<i>Winter squash</i>	Allspice, brown sugar, cinnamon, ginger, mace, nutmeg, onion

Make your own salt-free blends

Use these blends to add flavor at the table.

All purpose:

- 2 teaspoons garlic powder
- 1 teaspoon thyme
- 1 teaspoon onion powder
- 1 teaspoon paprika
- ½ teaspoon celery seed
- 1 teaspoon white pepper
- 1 teaspoon dry mustard
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried lemon peel (optional)

Blend well and store in a glass saltshaker. Add a few grains of uncooked rice at the bottom of the shaker. This will help the mixture flow when you use it.

For potatoes and vegetables:

- 1 teaspoon dry mustard or oregano
- ½ teaspoon sage
- ½ teaspoon thyme
- ¼ teaspoon marjoram

Blend well. Sprinkle over hot potatoes or vegetables right before eating.

For fish:

- ¾ teaspoon dried parsley
- ½ teaspoon onion powder
- ½ teaspoon dill
- ¼ teaspoon marjoram
- ¼ teaspoon paprika

Blend well and sprinkle over freshly baked fish.

Buy salt-free seasonings at your grocery store

Seasoning and grilling blends

Lawry's Seasoned Pepper and Salt Free 17

McCormick Salt Free Seasonings: Original All-Purpose, Garlic & Herb, Southwest, Fiesta Citrus and Garlic Pepper.

Mrs. Dash Salt-Free Seasonings: Original Blend, Extra Spicy, Lemon Pepper, Southwest Chipotle, Tomato Basil Garlic, Garlic & Herb, Italian Medley, Onion and Herb, Table Blend, Fiesta Lime, Caribbean Citrus, Spicy Jalapeño, Hamburger grilling blend, Steak grilling blend, Chicken grilling blend and Mesquite grilling blend

Mrs. Dash Salt-Free Marinades: Lime Garlic, Garlic Herb, Lemon Pepper and Sweet Teriyaki

Use salt substitutes with your doctor's advice

Salt substitutes have no sodium. They use potassium because it does not affect your blood pressure or fluid balance.

Examples include Morton Salt Substitute, NuSalt and NoSalt.

Talk to your doctor or a pharmacist before using salt substitutes. Too much potassium can cause an irregular heartbeat.

Do not use salt substitutes if:

- You have kidney failure.
- You take potassium-sparing water pills such as triamterene (Dyrenium), spironolactone (Aldactone) and amiloride (Midamor).
- You have high levels of potassium in your blood.