

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Sodium-free Flavoring Tips

When cooking, the following items may be used for flavoring instead of salt or seasonings that contain sodium.

Remember: A little bit of spice goes a long way! Be careful not to over-season.

Spice Blend Recipe (makes about 1/3 cup):

- 5 tsp onion powder
- 2 ½ tsp garlic powder
- 2 ½ tsp paprika
- 2 ½ tsp dry mustard
- 1 ½ tsp crushed thyme leaves
- ½ tsp white pepper
- ¼ tsp celery seed



Beef	Chicken	Eggs	Fish	Lamb
Basil	Basil	Chervil	Basil	Cloves
Bay leaf	Cloves	Curry	Bay leaf	Curry
Caraway	Cranberries	Dill	Chervil	Dill
Curry	Mace	Dry mustard	Curry	Garlic or garlic powder
Dill	Mushrooms (fresh)	Garlic or garlic powder	Dill	Mace
Dry mustard	Nutmeg	Green pepper	Dry mustard	Mint
Garlic	Oregano	Jelly	Green pepper	Mint jelly
Grape jelly	Paprika	Mushrooms (fresh)	Lemon juice	Onion
Green pepper	Parsley	Nutmeg	Marjoram	Oregano
Mace	Pineapple	Onion powder	Mushrooms (fresh)	Parsley
Marjoram	Sage	Paprika	Paprika	Pineapple
Mushrooms (fresh)	Saffron	Parsley	Pepper	Rosemary
Nutmeg	Savory	Rosemary	Tarragon	Tarragon
Onion or onion powder	Tarragon	Tarragon	Tomato	Thyme
Parsley	Thyme	Tomato	Turmeric	
Pepper	Turmeric			
Rosemary	Tarragon			
Sage	Thyme			
	Tomato			

Pork	Veal	Vegetables	Desserts
Applesauce	Apricots	Basil	Allspice
Basil	Basil	Dill	Anise
Caraway	Bay leaf	Garlic or garlic powder	Cinnamon
Chives	Currant jelly	Ginger	Cloves
Cloves	Curry	Lemon juice	Ginger
Garlic or garlic powder	Ginger	Mace	Mace
Onion or onion powder	Marjoram	Mace	Nutmeg
Rosemary	Mushrooms (fresh)	Marjoram	Vanilla extract
Thyme	Oregano	Nutmeg	Other extracts
	Paprika	Onion or onion powder	
		Tarragon	
		Tomato	
		Sugar or sugar substitute	
		Salt-free salad dressing	
		Vinegar	

Notes: