

# Use Herbs and Spices Instead of Salt

Try these herbs and spices to season your food instead of salt.  
Start with small amounts to see if you like them.

- **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 and 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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