SALT is sodium chloride. Food labels list sodium rather than salt content. When reading a Nutrition Facts Panel on a food product, look for the sodium content. Foods that are low in sodium (less than 140 mg or 5 percent of the Daily Value [DV]) are low in salt.

Experts recommend you consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day. If you have diabetes OR heart disease OR are African American OR are over age 51, you should have less than 1,500 mg per day. Most sodium in your diet comes from processed foods. You can choose and prepare foods with little salt. Your taste for salt is not fixed. After consuming foods lower in salt for a period of time, taste for salt tends to decrease. Use of other flavorings may satisfy your taste.

**What to use instead of SALT**

**BEEF** → bay leaf, dry mustard, fresh mushrooms, green pepper, oregano, nutmeg

**CHICKEN** → green pepper, lemon juice, paprika, parsley, sage, thyme, oregano

**FISH** → bay leaf, curry powder, dry mustard, green pepper, lemon juice, paprika

**LAMB** → curry powder, garlic, mint, mint jelly, pineapple, rosemary

**PORK** → apple, applesauce, garlic, onion, sage

**veal** → apricot, bay leaf, curry powder, ginger, oregano

**ASPARAGUS** → garlic, lemon juice, onion, vinegar

**CORN** → fresh tomato, green pepper, pimiento

**GREEN BEANS** → dill, lemon juice, oregano, nutmeg, pimiento

**GREENS** → onion, pepper, vinegar

**PEAS** → fresh mushrooms, green peppers, mint, onion, parsley

**POTATOES** → green pepper, mace, onion, paprika, parsley

**RICE** → chives, green pepper, onion, paprika, parsley

**SQUASH** → brown sugar, cinnamon, ginger, mace, nutmeg, onion

**SOUPS** → pinch of dry mustard for bean soup, bit of vinegar or sugar in vegetable soup, peppercorns in skim milk chowder, bay leaf and parsley in pea soup

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