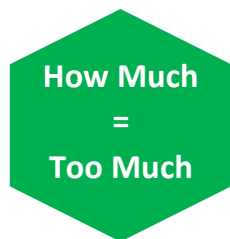


What to use instead of SALT



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.

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

