

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 overseason.

Spice Blend Recipe (makes about 1/3 cup)

- 5 teaspoons onion powder
- 2½ teaspoons garlic powder
- 2½ teaspoons paprika
- 2½ teaspoon dry mustard
- 1½ teaspoon crushed thyme leaves
- ½ teaspoon white pepper
- ¼ teaspoon celery seed

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

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

Notes: