



Tips for Using Herbs and Spices (Instead of Salt)

Basil: Use in soups, salads, vegetables, fish, and meats.

Cinnamon: Use in salads, vegetables, breads, and snacks.

Chili Powder: Use in soups, salads, vegetables, and fish.

Cloves: Use in soups, salads, and vegetables.

Dill Weed and Dill Seed: Use in fish, soups, salads, and vegetables.

Ginger: Use in soups, salads, vegetables, and meats.

Marjoram: Use in soups, salads, vegetables, beef, fish, and chicken.

Nutmeg: Use in vegetables, meats, and snacks.

Oregano: Use in soups, salads, vegetables, meats, and chicken.

Parsley: Use in salads, vegetables, fish, and meats.

Rosemary: Use in salads, vegetables, fish, and meats.

Sage: Use in soups, salads, vegetables, meats, and chicken.

Thyme: Use in salads, vegetables, fish, and chicken.

Note: To start, use small amounts of these herbs and spices to see whether you like them.

Source: http://hin.nhlbi.nih.gov/nhbpep_kit/herbs.htm

