



## 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](http://hin.nhlbi.nih.gov/nhbpep_kit/herbs.htm)

