

Seasoning with herbs, spices and vinegars is a great way to enjoy flavor with less sodium. Almost all spices, herbs and vinegars are low in sodium or are used in such tiny amounts that they don't add a significant amount of salt. Experiment and let your taste buds be your guide!

### Meat, Fish and Poultry

- Beef: Bay leaf, mustard powder, green pepper, marjoram, fresh mushrooms, nutmeg, onion, garlic, pepper, chives, cloves, cumin, rosemary, savory, sage and thyme
- Chicken: Green pepper, lemon juice, marjoram, mushrooms, paprika, poultry seasoning, sage, garlic, oregano, rosemary, savory, thyme and pepper
- Fish: Bay leaf, curry powder, dry mustard powder, green pepper, lemon juice, marjoram, mushrooms and paprika
- Lamb: Curry powder, garlic, mint, mint jelly, pineapple, rosemary, savory, thyme, oregano and pepper
- Pork: Coriander, cumin, garlic, ginger, pepper, sage, savory and thyme
- Veal: Marjoram, oregano, bay leaf, curry powder, ginger, apricot and pepper

### Vegetables

- Asparagus: Garlic, lemon juice and vinegar
- Corn: Pepper, green pepper, pimiento and fresh cilantro
- Cucumbers: Dill weed, chives and vinegar
- Green Beans: Lemon juice, marjoram, dill weed, nutmeg, pepper and oregano
- Greens: Onion, pepper and vinegar
- Peas: Mint, pepper, parsley and onion
- Potatoes: Pepper, parsley, onion, green pepper, chives and pimento
- Squash: Onion, pepper, nutmeg, ginger, mace, cinnamon and brown sugar
- Tomatoes: Basil, oregano, marjoram and onion

### Grains

- Bread: Caraway, marjoram, oregano, poppy seed, rosemary and thyme
- Rice: Onion, saffron, green pepper, chives and pimento
- Popcorn:
  - Savory - Italian seasoning, garlic powder, onion powder rosemary, orange zest and lemon zest
  - Spicy - Curry powder, dried basil, cayenne pepper, chili powder, paprika, cumin, black pepper and wasabi powder
  - Sweet - Cocoa powder, cinnamon, ginger, allspice, nutmeg, pumpkin spice and cloves

### Soups, Salads and Sauces

- Soups: Bay leaf, chervil, tarragon, marjoram, parsley, savory and rosemary
- Salads: Basil, chives, tarragon, garlic chives, parsley, herb and wine vinegars
- Tomato Sauce: Basil, bay leaf, marjoram, oregano and parsley

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