

Cooking with Spices for Low Sodium Diets



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

When cooking, it is easy to add flavor to your foods without adding salt. By not adding salt to your foods, you take in less sodium. Try adding some of these spices to get great flavor, while staying on your low sodium diet.

Spices to try instead of salt

Spice	Taste	Use With
Allspice	Variety of spices, cloves, nutmeg, and cinnamon in one	Variety of foods from marinades, to meats, to desserts
Basil	Sweet and strong	Italian dishes, soups, vegetables, and marinades
Bay Leaf	Mild	Seafood, stews, most meats, and vegetables
Black Pepper	Strong and spicy	Any dish to add more spice
Caraway	Sweet and nutty	Breads, salads, cakes, and marinades
Chili Powder	Spicy and hot	Soups, vegetables, chili, and spicy dishes
Cloves	Bittersweet	Fruits or as contrast in stews and spicy food
Dill	Mild and slightly sour	Most meats, vegetables, and dips
Ginger	Strong and peppery	Cakes, meats, vegetables, and Asian cuisine
Mint	Sweet, clean, and refreshing	Fruit salads, rice pilafs, and meat marinades. Can also use in place of basil for pesto.
Nutmeg	Warm and spicy	Baked goods, egg, and cheese dishes
Oregano	Herby	Meats, pastas, soups, and vegetables
Parsley	Mild pepper	Garnish in soups, salads, and sauces
Rosemary	Strong and piney	Meats, stews, and soups
Sage	Strong	Mostly with meats
Thyme	Lemony	Stuffing, stews, and beans
Tarragon	Aromatic and strong	Sauces, salads, and meat marinades

Salt-free seasoning blends

Try making your own salt-free seasonings. Here are 2 mixes to try:

Seasoning Blend Mix 1

- 5 teaspoons onion powder
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 1 tablespoon dry mustard
- 1 teaspoon dried thyme
- ½ teaspoon pepper
- ½ teaspoon celery seed

Seasoning Blend Mix 2

- 1½ tablespoon garlic powder
- 1 tablespoon thyme leaves
- 1 tablespoon onion powder
- 1 tablespoon paprika
- ½ tablespoon celery seed
- 1 tablespoon white pepper
- 1 tablespoon dry mustard
- 1 tablespoon dried lemon peel
- 1 tablespoon ground black pepper

What about salt substitutes?

If you are following a low potassium diet, do not use salt substitutes because they are high in potassium. Ask a dietitian before using salt substitutes.



Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.