



## The True Spice of Life

One of the greatest sources of sodium in our diet comes from table salt and other prepared seasonings. If you are one of those people who always adds salt to your food at the dinner table, then this is a good place to start cutting back. One way to reduce the amount of added sodium in your diet is to use different spices and herbs to flavor food. These will not only add distinct and interesting flavors to your food, but some may also provide different nutrients that your body can use to keep you healthy. Parsley, for example, is an excellent source of Vitamins A, C, and K, and is also a rich source of antioxidants. Like parsley, rosemary is also an excellent source of antioxidants, some of which have been shown to stop tumor growth.

When spices and herbs are paired with the right type of food, you will not even notice that the salt is missing. Try some of the combinations listed below:

Spice/Herb	Foods to Try It With
<b>Allspice</b>	Lean ground meats, stews, tomatoes, peaches, applesauce, cranberry sauce, gravies, lean meat
<b>Basil</b>	Fish, lamb, lean ground meats, stews, salads, soups, sauces, fish cocktails
<b>Bay Leaves</b>	Lean meats, stews, poultry, soups, tomatoes
<b>Chives</b>	Salads, sauces, soups, lean meat dishes, vegetables
<b>Cider Vinegar</b>	Salads, vegetables, sauces
<b>Cinnamon</b>	Fruits, breads, pie crusts
<b>Curry Powder</b>	Lean meats (especially lamb), veal, chicken, fish, tomatoes, tomato soup, mayonnaise
<b>Dill</b>	Fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean beef, lamb, chicken, fish
<b>Garlic (not garlic salt)</b>	Lean meats, fish, soups, salads, vegetables, tomatoes, potatoes
<b>Ginger</b>	Chicken, fruits
<b>Mustard (dry)</b>	Lean ground meats, lean meats, chicken, fish, salads, asparagus, broccoli, Brussels sprouts, cabbage, sauces
<b>Paprika</b>	Lean meats, fish, soups, salads, sauces, vegetables
<b>Parsley</b>	Lean meats, fish, soups, salads, sauces, vegetables
<b>Rosemary</b>	Chicken, veal, lean meat loaf, lean beef, lean pork, sauces, stuffing, potatoes, peas, lima beans

