

# Spices of Life!

Heart Failure Awareness Week . February 14-20, 2016

## Healthy Living with HF

### Don't Pass the Salt! Low Sodium Seasoning Guide

1. Resist the urge to use salt in cooking or using the salt shaker. One teaspoon of salt is equal to 2,300 mg of sodium.
2. Use spices and herbs to flavor your foods to add interest and variety.
3. Herb Blends  
These herb blends can be found in your local store to add flavor to the foods you enjoy.  
Be sure to check the label to be sure they do not contain salt or sodium on the list of ingredients.

#### How to cook with herbs and spices:

- To release more flavor and aroma, finely chop fresh herbs before using in the recipe. Try using kitchen shears.
- Add herbs and spices at the end of the cooking time in soups and stews. That way the flavors won't cook out.
- Add herbs and spices several hours before serving a cold dish, such as salads and dips.
- A general rule of thumb with herbs and spices: one tablespoon of fresh herbs equals one teaspoon of dried herbs.

#### Finding "Hidden" salt on a label

- Sodium benzoate (a preservative)
- Sodium nitrate (a preservative used in processed meats)
- Bicarbonate of soda or baking soda
- Sodium pyrophosphate
- Monosodium glutamate

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### Seasoning Guide



Meats and Protein	Suggested Seasoning
<b>Beef</b>	Allspice, basil, bay leaf, caraway seed, celery seed, chili powder, cumin, ginger, onion or garlic powder, rosemary, savory, tarragon or thyme
<b>Eggs</b>	Basil, celery seed, chili powder, curry, cumin, marjoram, rosemary and savory
<b>Fish</b>	Curry powder, dill, lemon or marjoram
<b>Lamb</b>	Curry powder, mint, onion or garlic powder or rosemary
<b>Pork</b>	Bay leaf, caraway seed, chili powder, cloves, curry powder, onion or garlic powder, rosemary, sage, savory or thyme
<b>Poultry/chicken</b>	Bay leaf, curry, ginger, lemon juice, onion or garlic powder, oregano, poultry seasoning, rosemary, sage, saffron, savory, tarragon or thyme
<b>Veal</b>	Bay leaf, ginger, marjoram, mint, onion or powder, oregano, rosemary, savory or thyme

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Vegetables	Suggested Seasoning
<b>Broccoli</b>	Onion or garlic powder
<b>Cabbage</b>	Allspice, bay leaf, caraway seed, celery seed, chives, curry powder, dill, dry mustard, nutmeg, oregano, savory or tarragon
<b>Carrots</b>	Allspice, basil, caraway seed, celery seed, chives, curry powder, dill, dry mustard, nutmeg, oregano, savory or tarragon
<b>Cauliflower</b>	Caraway seed, celery seed, curry powder, dill, dry mustard, nutmeg, oregano, savory or tarragon
<b>Corn</b>	Chili powder or chives
<b>Eggplant</b>	Allspice, basil, bay leaf, chili powder, garlic powder, marjoram, sage, thyme
<b>Green beans</b>	Basil, bay leaf, caraway seed, dill, onion or garlic powder
<b>Mushrooms</b>	Cayenne pepper, garlic powder, lemon juice, rosemary, tarragon or thyme
<b>Peas</b>	Basil ,mint or parsley
<b>Spinach</b>	Allspice, basil, cinnamon, dill, marjoram, nutmeg, oregano or rosemary
<b>Summer Squash</b>	Allspice, basil, cinnamon, dill, marjoram or rosemary
<b>Tomato</b>	Basil, bay leaf, oregano, onion or garlic powder or parsley
<b>Sweet Potato</b>	Allspice, cardamom, cinnamon, cloves, ginger, nutmeg, basil, bay leaf or oregano
<b>Potatoes</b>	Basil, bay leaf, caraway seed, chives, dill, onion powder, oregano, parsley, rosemary, savory or thyme