

Reduced Salt Guidelines

How to use Herbs and Spices

Americans eat about **3,400 mg** of salt per day. Dietary Guidelines recommend limiting salt intake to **less than 3,000-2,300 mg** per day. 2,300 mg equals about 1 teaspoon of table salt! The following tips can help you reduce salt in your diet and increase herbs and spices.

Cook at home

Eat at home more, eat out less. At fast food places or restaurants, you do not control the amount of salt that goes into the food as you would at home. Cooking at home gives you more control of your salt intake.



Using Herbs and Spices

Herbs and spices can enhance a dish by adding layers of flavor. With the extra added spice, a little salt goes a long way.



Health Benefits

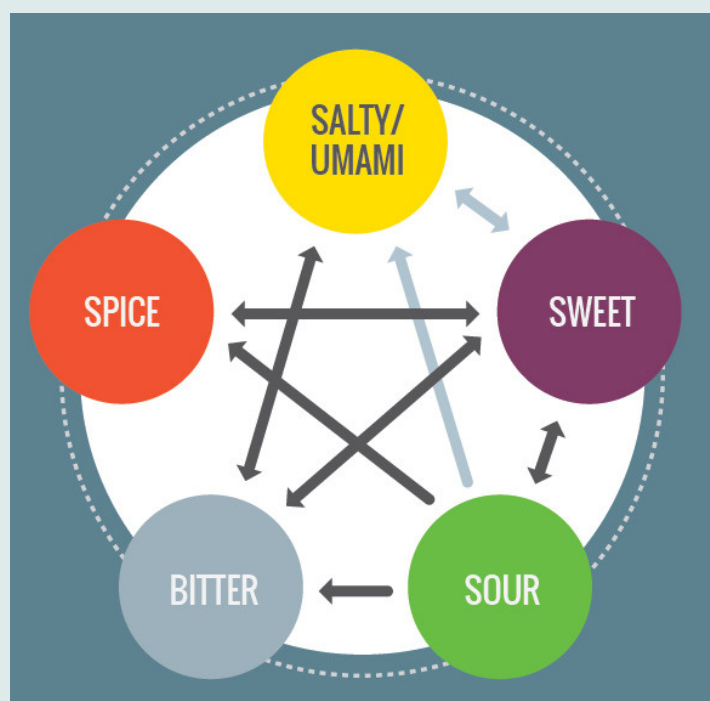
Herbs and spices have many benefits such as

- Antioxidants
- Anti-inflammatory
- Appetite control
- Weight maintenance



5 Flavor profiles

- Bitter
 - Turmeric
- Salty
 - flavored Salts
- Sour
 - Lemon peel
- Sweet
 - Cinnamon
- Umami
 - Cumin



Flavor profile: herbs

Herbs vary in flavor such as

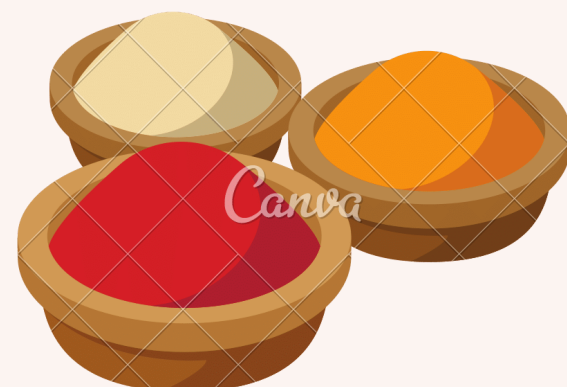
- Refreshing mint
 - Use with lamb, fish and salad dishes
- Earthy oregano
 - Use with meat or tomato sauces
- Piney Rosemary
 - Use with Chicken, beans and, bread
- Fresh Parsley
 - Works with almost all savory dishes



Flavor profile: Spices

Spices vary in flavors such as:

- Spicy black pepper
 - Works with most dishes
- Savory cumin
 - Help's reduce spice in dishes
- Bright ginger
 - Asian food, curries, stir fry's
- Smokey chili powder
 - Mexican food, meats, chili
- Warm cinnamon
 - pastries, squash, fall dishes
- Robust onion or garlic powder
 - great starter spices



Combining flavor

When combining flavor first combine like with like. Then think of flavors that already work together. If you want to experiment with flavor try it on the side before adding a new herb or spice to the dish. Look up common combinations online to discover new combinations.

