Choose More Herbs & Spices, Less Salt!

What is salt?
- Salt is a mineral composed of Sodium and Chloride, two essential elements.
- These essential elements are needed in the body to maintain a normal pH, to control muscle activity, to regulate blood pressure, and to control the amount of fluid in the body.
- 1 teaspoon of salt contains 2,300 mg of sodium

How much sodium do I need in a day?
- Healthy individuals should aim to limit the sodium in our daily diets to less than 2,300 mg of sodium per day.
- Those with blood pressure/heart disease should aim for less than 2,000 mg of sodium

Benefits of Lowering Salt Intake
- Helps to lower blood pressure
- Helps prevent collection of fluid in legs or abdomen
- May help reduce risk of having a stroke
- Reduces risk for kidney disease
- Reduces risk for osteoporosis

Here are some flavorful seasonings to consider as an alternative to salt:

**Beef**
- Basil
- Bay Leaf
- Caraway
- Curry
- Dill
- Dry mustard
- Garlic
- Green Pepper
- Mace
- Marjoram
- Mushrooms
- Nutmeg
- Onion
- Onion powder
- Parsley
- Pepper
- Rosemary
- Sage

**Chicken**
- Basil
- Cloves
- Cranberry
- Mace
- Mushrooms
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pineapple
- Sage
- Saffron
- Savory
- Tarragon
- Thyme
- Turmeric
- Tomato

**Fish**
- Basil
- Bay leaf
- Chervil
- Curry
- Dill
- Dry Mustard
- Green Pepper
- Lemon Juice
- Marjoram
- Mushrooms
- Paprika
- Pepper
- Tarragon
- Tomato
- Tumeric

**Vegetables**
- Basil
- Dill
- Garlic
- Garlic Powder
- Ginger
- Lemon Juice
- Mace
- Marjoram
- Nutmeg
- Onion
- Onion Powder
- Tarragon
- Tomato
- Salt-free salad dressing
- Vinegar

**Eggs**
- Chervil
- Curry
- Dill
- Dry mustard
- Garlic
- Garlic powder
- Green pepper
- Mushrooms
- Nutmeg
- Onion
- Onion powder
- Paprika
- Parsley
- Rosemary
- Tarragon
- Tomato

For more information please visit our website: [www.nyp.org/nutrition](http://www.nyp.org/nutrition) or send your questions to [BeFit@nyp.org](mailto:BeFit@nyp.org)