
Tips for seasoning food without salt

The American Heart Association recommends limiting sodium intake to **2,300 milligrams per day** (or roughly **1 teaspoon of table salt**) for the general public, or **1,500 milligrams** a day if you have high blood pressure. It only takes a few weeks for your taste buds to adapt to a lower sodium intake. Gradually decreasing sodium a bit at a time can help ease the transition.

Sodium-free flavoring tips for various foods:

- Beef: bay leaf, garlic, marjoram, nutmeg, onion, pepper, sage, thyme
- Lamb: curry powder, garlic, mint, rosemary
- Pork: garlic, onion, oregano, pepper, sage
- Veal: bay leaf, curry powder, ginger, marjoram
- Chicken: ginger, lemon or lime juice, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
- Fish: basil, curry powder, dill, dry mustard, lemon or lime juice, marjoram, parsley, pepper
- Tofu/tempeh: chives, curry, garlic, nutritional yeast, onion, paprika, pepper, shallots
- Vegetables: basil, dill, garlic, onion, oregano, paprika, parsley, pepper, rosemary, sage, thyme

Other flavoring ideas to use instead of salt:

- Fruit juices thickened with cornstarch or plain yogurt mixed with seasonings can tenderize meats or be used as marinades, sauces, or glazes.
- All types of vinegar can be used as marinades or dressings without adding sodium.
- Citrus zest (orange, lemon, etc.) can be added to marinades or dry rubs.
- Hot spices and peppers, such as cayenne, chilis and jalapenos, give "kick" without adding sodium.
- Sesame oil or herb-infused oils can be drizzled on meats, veggies or breads, rice, and/or pasta.

It's also important to note that salt added to food when cooking or at the table only accounts for a small percentage of daily sodium intake. On average, **about 70% of daily sodium intake comes from restaurant foods and processed foods**. Limiting dining out to no more than twice a week and eating unprocessed foods most of the time are major ways to reduce sodium intake.