

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

### Tips for Reducing Sodium in Recipes

1. Eliminate salt in recipes except when making baked goods.
2. Use herbs and spices sparingly, ¼ teaspoon dried herbs for 4 servings of food. Gently crush fresh herbs between your fingers to bring out their flavors. Add herbs during the last hour of cooking when used in long cooking recipes such as soups and stews.
3. Season meat by rubbing uncooked meat with garlic and/or other spices. Refrigerate rubbed meat for 1 - 2 hours before cooking to allow meat to absorb the flavors.
4. Use onion, garlic or low sodium bouillon in place of bouillon cubes or instant packaged canned soups. Boil chicken or beef and use broth for cooking.
5. In sandwiches use lettuce, cucumbers or tomatoes for moisture instead of prepared mayonnaise, mustard or ketchup.
6. Before broiling or roasting chicken, rub with lemon juice or vinegar, herbs and a bit of oil. You also can use this mixture to marinate meat poultry or fish, or use low calorie / low sodium salad dressing. Marinate for at least 2 hours.

### Spice Shaker Herb Blends

Instead of salt or salt substitute, you may use a Mrs. Dash product or one of the following herb blends.

**Directions:** In each blend, mix the ground form of the herbs together and put into a labeled shaker. If ground form is not available, pulverize the seasoning blend in a blender or food processor before filling the shaker.

#### **Blend I**

- 2 tsp thyme
- 2 tsp marjoram
- 2 tsp rosemary
- 2 tsp sage

#### **Blend II**

- 1 ¾ tsp marjoram
- 1 ¾ tsp savory
- 1 ¾ tsp rosemary
- 1 ¾ tsp thyme
- 1 tsp sage

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### IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.  
 For ALL emergencies requiring IMMEDIATE medical attention, call 911.

**Try one of these herb recipes from the American Heart Association**

**Salt-free Herb Seasoning**

6 Tbsp instant minced onion  
6 Tbsp dill weed  
1 Tbsp oregano  
1 Tbsp celery seed  
½ Tbsp lemon peel  
1 tsp ground black pepper

**Salt-free All Purpose Blend**

¼ cup dried chopped onion  
3 Tbsp garlic powder  
3 Tbsp paprika  
3 Tbsp ground mustard  
1 Tbsp leaf thyme  
½ tsp cracked black pepper  
½ tsp celery seed

**Salt-free Zesty Onion Herb Seasoning**

½ cup dried chopped onion  
2 Tbsp sweet basil  
2 Tbsp ground cumin  
2 Tbsp garlic powder  
2 Tbs. cracked black pepper

**Seasoning Ideas for Meats and Eggs**

**Beef**

Basil, bay leaf, curry, dill, dry mustard, green pepper, horseradish, marjoram, fresh mushrooms, nutmeg, onion, pepper, thyme

**Chicken**

Fresh mushrooms, paprika, parsley, thyme, sage, lemon pepper

**Lamb**

Curry, dill, garlic, mint, mint jelly, rosemary

**Pork**

Apples, unsweetened applesauce, garlic, onion, sage

**Egg or Egg Substitute**

Curry, dry mustard, green pepper, onion, fresh mushrooms, paprika, parsley, tomato, basil

**Fish**

Bay leaf, dill, dry mustard, green pepper, lemon juice, lemon slices, marjoram, fresh mushrooms, paprika, unsweetened orange juice, fresh dill

**Veal**

Bay leaf, curry, ginger, marjoram, oregano

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