

Transform your diet!

Pt. 1

Alternatives for salt:

French fries, pizza, deli meats, salad dressings—what do all of these have in common? These delicious food items all contain extensive amounts of salt.

Although sodium is crucial to how your body functions, too much of it can hinder your bodily functions and lead to a higher chance of hypertension (high blood pressure), heart disease, and stroke.

Lucky for you, the following is a list of herbs and spices along with its benefits that you can use as a substitute to salt AND to help your body.



Mint: great in salads; can be used to freshen breath; easy to grow; works in sweet and savory dishes

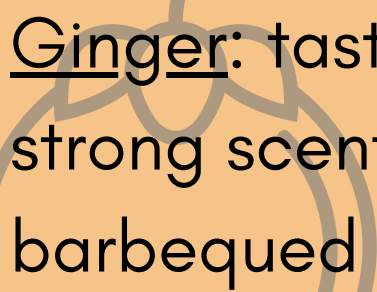
Rosemary: aromatic herb; only need a little bit of it to add flavor; typically grown outside

Nutmeg: sweet flavor; great with sweets/dessert items; used in some soups

Basil: great in pesto; used for pasta, salads, pizza, etc.; can be grown by a windowsill

Cinnamon: used in sweet treats/desserts; can be used in curries and stews; important in Turkish and Middle Eastern cooking

Cumin: provide rich flavor; second most used spice in the world (after black pepper); can be used in almost any dish




Ginger: tastes peppery and slightly sweet; strong scent; can be used in salad dressings, barbequed dishes, or rice

Oregano: slightly bitter taste; very aromatic; can be used with pizza, casseroles, or salads

Parsley: grassy texture and taste; can be used decoratively; great with meat dishes, salad dressings, sauces, and soups

Saffron: floral, sweet flavor; only a little needed for adequate flavor (otherwise can make dish bitter); can be used in baking and in tomato sauce

Turmeric: used in many South Asian dishes (curry, dahl, etc.); great for skin health; used in meat and vegetable dishes



For more detail about these spices and more inspiration with these ingredients, visit:

<https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/herbs-and-spices>