Adding Spice to Your Life...  
While Subtracting the Salt

Why do we need to subtract some of the salt from our diet?  
- may help us lower our blood pressure  
- if our bodies can not get rid of the excess salt it stays  
in our bodies and may cause swelling, shortness of breath  
or heart failure

Ways to add spice
- on fish - try pepper, dill, lemon, or rosemary  
- on other meats - onion/garlic powder, curry (good on chicken), or bay leaves (good with soups/stews)  
- cook with onion, fresh garlic, bell pepper  
- use vinegar (try balsamic, cider, flavored or white), lemon or lime juice, Mrs. Dash  
- try homemade salt-free herb blends  
  - Italian blend - 2 Tbsp each of dried basil and marjoram, 1 Tbsp each of garlic powder and dried oregano, and 2 tsp. each of thyme, crushed dried rosemary, and crushed red pepper  
  - Mixed herb blend - ¼ cup dried parsley flakes, 2 Tbsp. dried tarragon, 1 Tbsp each of dried oregano, dill weed, celery flakes  
  - Chili blend - ¼ cup chili powder, 1 Tbsp each of ground cumin and onion powder, 1 tsp each of dried oregano, garlic powder, ground red pepper, and ½ tsp of cinnamon

Ways to subtract some salt
- drain, rinse and add fresh water to canned vegetables before cooking them  
- keep the salt shaker off the table  
- eat less high sodium foods (some are listed below)  
  - spam, vienna sausages, bologna  
  - ham, bacon, sausage, cheese  
  - canned soups, ramen noodles, dry soup mix  
  - onion salt, garlic salt, seasoning salt