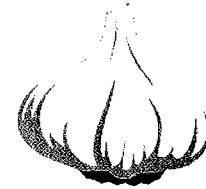


No Salt Seasonings



1 teaspoon of salt has about 2,000 mg sodium. You can substantially reduce your sodium intake by substituting any of these seasonings.

Shaker Spice Blend

Sodium: 1.78 mg per teaspoon

- | | |
|-------------------------------|---------------------------------------|
| 5 teaspoons onion powder | 1 1/4 teaspoons thyme leaves, crushed |
| 2 1/2 teaspoons garlic powder | 1/2 teaspoon ground white pepper |
| 2 1/2 teaspoons paprika | 1/4 teaspoon celery seed |
| 2 1/2 teaspoons dry mustard | |

Mix thoroughly and place in shaker for use at table on main dishes, vegetables, soups or salads.

Herbed Seasoning

Sodium: 0.65 mg per teaspoon

- | | |
|--|--------------------------------------|
| 2 tablespoons dried basil leaves, crumbled | 1 teaspoon celery seed |
| 2 tablespoons onion powder | 1/4 teaspoon grated dried lemon peel |
| 1 teaspoon dried oregano leaves, crumbled | Pinch freshly ground pepper |

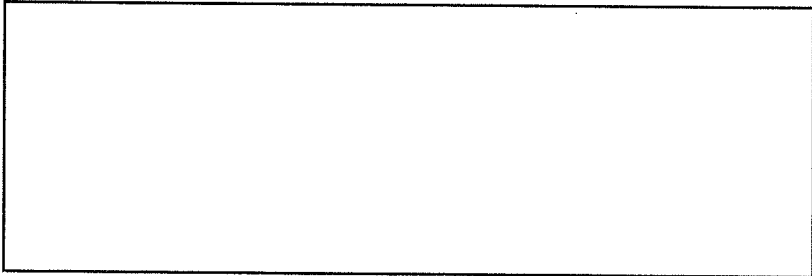
Combine all ingredients in small bowl and blend well. Spoon into shaker and use with poultry and fish. Store in cool dry place.

Spicy Blend

Sodium: 0.59 mg per teaspoon

- | | |
|-------------------------------------|---|
| 2 tablespoons dried savory, crushed | 1 1/4 teaspoons fresh ground white pepper |
| 1 tablespoon dry mustard | 1 1/4 teaspoons ground cumin |
| 2 1/2 teaspoons onion powder | 1/2 teaspoon garlic powder |
| 1 3/4 teaspoons curry powder | |

Mix thoroughly and place in shaker. Store in cool, dry place. Use with main dishes.



The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact:

Name:

Office phone number:



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