NUTRITION UNIT
NYC DEPARTMENT FOR THE AGING

LOW SODIUM FLAVORING AND SEASONING TIPS

Beef	• Bay leaf • Chili powder • Dry mustard • Garlic • Grape jelly • Marjoram • Mushrooms • Thyme	• Nutmeg • Onion • Oregano • Paprika • Pepper • Rosemary • Sage
Lamb	• Basil • Curry • Garlic • Marjoram • Mint	• Mint jelly • Onion • Oregano • Pepper • Rosemary
Pork	• Apple sauce • Caraway seeds • Cloves • Garlic • Marjoram	• Onion • Pepper • Rosemary • Sage
Veal	• Basil • Cranberry sauce • Currant jelly • Curry • Ginger	• Marjoram • Oregano • Paprika • Rosemary • White pepper
Fish	• Bay leaf • Curry powder • Dill • Dry mustard • Fennel seed • Lemon-butter sauce • Marjoram	• Paprika • Parsley-butter sauce • Saffron • Tarragon • Tumeric • White Pepper
Chicken & Turkey	• Cranberry sauce • Curry • Ginger • Onion • Paprika • Parsley	• Rosemary • Saffron • Tarragon • Thyme • Tumeric • White pepper
Cottage Cheese	• Basil • Caraway seeds • Chili powder • Chives • Curry	• Dill • Mint • Paprika • Rosemary • Tarragon

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