

## Salt-Free Chili Seasoning

- 2 Tbls. ground cumin
- 1 Tbls. ground coriander
- 2 tsp. dried oregano
- 1 1/2 tsp. ground sweet paprika
- 1/2 tsp. dried red pepper flakes
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. dry ground mustard
- 1/8 tsp. ground cayenne pepper

1. Measure all the ingredients into a small mixing bowl and whisk well to combine
2. Store seasoning in a small lidded jar

Nutrition: Cal: 0, Fat: 0, Sodium: 0, Sugar: 0



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# Reducing Sodium Consumption

# Sodium-Free Flavoring Tips

# 10 Tips for Reducing Sodium

# Sodium-related terms

When cooking, the following items may be used for flavoring instead of salt or seasoning that contain sodium.

Beef		Chicken	
Basil	Garlic	Basil	Pineapple
Bay leaf	Nutmeg	Cloves	Sage
Caraway	Onion	Cranberries	Saffron
Curry	Pepper	Nutmeg	Savory
Dill	Rosemary	Oregano	Tarragon
Dry mustard	Sage	Paprika	Thyme
		Parsley	Turmeric
			Tomato
Fish		Vegetables	
Basil	Lemon juice	Basil	Tarragon
Bay leaf	Marjoram	Dill	Tomato
Chervil	Paprika	Garlic	Sugar
Curry	Pepper	Ginger	Vinegar
Dill	Tarragon	Lemon juice	
Dry mustard	Tomato	Nutmeg	
Green pepper	Turmeric	Onion	
Desserts			
Allspice		Ginger	
Anise		Mace	
Cinnamon		Nutmeg	
Cloves		Vanilla extract	

- 1** Read the Nutrition Facts Label  
Check the label to compare sodium in different brands of foods and beverages and choose those lower in sodium.
- 2** Prepare your own food when you can  
Limit packaged sauces, mixes, and "instant" products.
- 3** Add flavor without adding sodium  
Limit the amount of salt you add to foods when cooking, baking, or at the table. Try no-salt seasoning blends!
- 4** Buy fresh  
Choose fresh meat, poultry and seafood, rather than processed varieties.
- 5** Watch your veggies  
Buy fresh, frozen, or low sodium or no-salt added canned vegetables.
- 6** Give sodium the "rinse"  
Rinse sodium-containing canned foods, such as beans, tuna, and vegetables before eating. This will remove one-third of the sodium.
- 7** "Unsalt" your snacks  
Choose low sodium or no-salt-added nuts, seeds, and snack products -- or have carrot or celery sticks instead.
- 8** Consider your condiments  
Choose light or reduced sodium condiments, add oil and vinegar to salads rather than bottled dressings.
- 9** Reduce your portion size  
Less food means less sodium. Prepare smaller portions at home and consume less when eating out.
- 10** Make lower-sodium choices at restaurants  
Ask for your meal to be prepared without salt and request that sauces and salad dressings be served on the side.

What it Says	What it Means
Salt/Sodium Free	Less than 5mg of sodium per serving
Very Low Sodium	35mg of sodium or less per serving
Low Sodium	140mg of sodium or less per serving
Reduced Sodium	At least 25% less sodium than the regular product
Light in Sodium or Lightly Salted	At least 50% less sodium than the regular product
No-Salt-Added or Unsalted	No salt is added during processing--but these products may not be salt/sodium free unless stated

