

Tips for Low Sodium Cooking

Flavorful Ingredients

Herbs and Spices: Fresh or dried herbs like basil, thyme, rosemary, parsley, oregano, and dill add depth without sodium. Use fresh herbs at the end of cooking and dried herbs at the beginning for maximum flavor.



Citrus and Vinegar: Lemon, lime, or orange juice and zest brighten dishes, while vinegars (balsamic, apple cider, red wine) add tang and complexity. .

Low-Sodium Staples: Keep no-salt-added canned tomatoes, low-sodium broths, and whole grains like quinoa, brown rice, and oats on hand.

Spice Blends: Make your own garlic powder, onion powder, paprika, cayenne, and black pepper.



Low-Sodium Spices: spices can have hidden sodium, so be sure to check the labels. Look for options like garlic powder, onion powder, black pepper, cayenne pepper, and more.

Cooking Techniques

- 1 Enhance Natural Flavors:** Grill, roast, braise, sear, or sauté to bring out the natural taste of ingredients, reducing the need for added salt.
- 2 Rinse and Drain:** Rinse canned beans and vegetables to remove up to 40% of sodium.
- 3 Cook Without Salt:** Prepare pasta, rice, and hot cereals without adding salt, then season with herbs, spices, or citrus
- 4 Soak:** Soak your ham in water to remove much of the sodium before cooking.