



Replacing the Salt Shaker

There are several ways to replace salt without sacrificing flavor. Lemon juice works on some foods, salsa on others. And a shaker filled with a variety of herbs can be a tasty, convenient way to use less salt. Try this combination:

- 1 teaspoon celery seed, ground
- 2½ teaspoons marjoram, crushed
- 2½ teaspoons summer savory, crushed
- 1½ teaspoons thyme, crushed
- 1½ teaspoons dried basil, crushed
- ½ teaspoon black pepper, crushed

If you don't feel like making your own, try these salt substitutes:*

- Mrs. Dash Seasonings
- Schilling Salt Free Seasonings
- Parsley Patch Seasonings



Or these, which have little or no sodium, but do contain potassium (per ¼ teaspoon):

- Morton's Salt Substitute: 610 mg potassium/0 mg sodium
- No Salt: 650 mg potassium/0 mg sodium
- Cardia Salt Alternative: 180 mg potassium/270 mg sodium
- Morton's Lite Salt: 350 mg potassium/290 mg sodium

**Courtesy of Palo Alto Medical Foundation. For more on salt substitutes, see www.pamf.org/heartfailure/sodium/seasoning_subs.html.*

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