

Spice up your Life!

One of the biggest problems when making a healthy life style change is that we don't know where to start. The first thing we try to do is go cold turkey, eating as plain and healthy and bland as possible, which is good but not sustainable. Being healthy doesn't have to be tasteless, we have a long list of natural herbs and spices that not only enhance the taste of a healthy meal, but have certain health benefits as well. Thanks to a higher demand for healthier products, companies are revolutionizing the seasoning industry by offering a new lineup of low-salt and salt-free seasonings to consumers. Here is a list of herbs and spices as well as a short list of brands who carry salt-free/low-sodium seasonings, all could be found on Amazon or in the spice aisle of your local store, just look for the salt-free/low-salt label.

Low-salt/No-salt carrying brands:

Kinders

FLAVORGOD

McCormick

Weber

Mrs. Dash

Badia

Dak's

Lawry's

NEWMAN'S OWN

iSpice

Dash

Tony Chachere's

Simply Organic

Weber

Morton'

Herbs and Spices:

Allspice

Basil

Cayenne pepper

Celery seed/Celery salt

Chili powder

Cumin

Garlic/Garlic powder

Ginger

Onion powder/Green onion

Oregano

Paprika

Parsley

Rosemary

Sage

Tamarind

Vinegar

