

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

## Salt-Free Spices:

# Mint

Mint a refreshing herb that works well in both sweet and savory dishes.

It can be consumed in salads, in smoothies, baked goods, on pasta, and pairs well with vegetables.

Mint helps improve indigestion and cold symptoms, and can mask bad breath!

### Weekly Challenge:

Try using mint on a food of your choice!



*Photo courtesy of Pixabay.com*

## Salt-Free Spices:

# Parsley

Parsley has a slight bitter and grassy flavor and goes well with potato dishes, vegetables, and steak. Curley parsley is often used to decorate foods.

Parsley is rich in antioxidants, supports bone health, and is rich in nutrients that protect your eyes!

### Weekly Challenge:

Try using parsley on a food of your choice!



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Katelyn Kruger 2-22

## Salt-Free Spices:

# Thyme

Thyme has a strong, earthy flavor. This herb needs a long cooking time to completely release its flavor and pairs well with other herbs. It can be used to flavor meats and vegetables.

It's about **thyme** to lower blood pressure and boost your mood with this herb!

### Weekly Challenge:

Try using thyme on a food of your choice!



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## Salt-Free Cooking

### What is cooking salt-free?

A diet high in sodium can lead to many health complications. Luckily, it can be easy to cut down on sodium intake by cooking salt-free.

Cooking salt-free can be accomplished by adding more spices and herbs while not adding any salt to keep good flavor while reducing sodium.

#### **Weekly Challenge:**

Try learning about new herbs and spices to add to meals in place of salt.



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## Salt-Free Cooking

### What are some benefits of cooking salt-free?

- ◆ Lower blood pressure
- ◆ Decreased risk of stroke
- ◆ Reduced bloating/swelling
- ◆ Decreased risk of kidney damage

#### **Weekly Challenge:**

Try thinking of ways that cooking salt-free can help you!



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Christel Weltzin 2-22

## Salt-Free Cooking

### What meals can be made without adding salt?

The answer is pretty much any meal can be made without adding salt! For example, blackened chicken using a salt-free spice mix or crispy potato skins seasoned with garlic and pepper instead of salt. Any meal can be made delicious without the addition of salt.

#### **Weekly Challenge:**

Find or think of a no salt added meal that you would like to try making.



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## Salt Free Cooking:

### What are the benefits?

There are lots of benefits to cooking salt free. Cooking without salt can help lower blood pressure over time, lower your risk of having a heart attack or stroke, and even help protect your vision! Additionally, using less salt in your food opens the door to a whole new variety of flavors!



Photo courtesy of Pixabay.com

### Weekly Challenge

Try out a new seasoning without salt.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan

## Salt Free Cooking:

### How can I reduce sodium in my diet?

It may seem like everything has sodium but here are some simple ways to reduce it.

- **Rinse canned beans and vegetables**
- **Use alternative herbs and spices**
- **Reduce your intake of processed foods**
- **Pay attention to nutrition labels**

### Weekly Challenge

Try a Salt-Free Herb Bland Seasoning.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan 2-22

## Salt Free Cooking:

### What are some alternatives to salt?

Salt is the most commonly used seasoning. However, there are lots of other options to season your food.

- Fresh herbs
- Garlic and onions
- Homemade salt-free seasonings
- Citrus juices
- Vinegars

### Weekly Challenge

Try two of the options above this week!



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan

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## Salt-Free Spices:

### Chili Powder

Chili powder is a great seasoning to add a little spicery sensation to a food. It pairs well with Mexican style foods like tacos or enchiladas. Chili powder can also be used on grilled meats and stew. Some may even like chili powder paired with soup, beans or vegetables. Chili powder is a very versatile spice to add to a variety of foods.



#### Weekly Challenge:

Try using chili powder on a food of your choice!



*Photo courtesy of Pixabay.com*

## Salt-Free Spices:

### Lemon Pepper

Lemon pepper is a popular spice to use on various foods. It can be used in pasta dishes, on vegetables, and can even be used to season meat and fish.

#### Weekly Challenge:

Try using lemon pepper on a food of your choice!



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Hope Quilling 2-22

## Salt-Free Spices:

### Rosemary



Rosemary is another versatile herb to use while cooking. Rosemary can be used on a number of vegetables, in soups, stews, casseroles, pasta dishes, salads. It also goes well with foods like potatoes or rice.

It adds a woody, peppery taste to foods that may go well with chicken or other meats like pork or lamb.

#### Weekly Challenge:

Try using rosemary on a food of your choice!



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