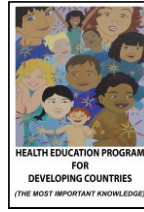


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**INTERNATIONAL & NATIONAL STANDARDS & PRACTICE GUIDELINES**

WHO=World Health Organization & its divisions & collaborating partners.  
HHS=Dept of Health & Human Services & its divisions & collaborating partners.

**DIET & PYHSICAL ACTIVITY GUIDELINES**

**Section 38: Nutrition & Physical Activity and**

**Section 41: Heart Disease & Stroke**

**REDUCING SALT INTAKE**

1. WHO Global Strategy on Diet, Physical Activity and Health  
Diet and physical activity: a public health priority  
<http://www.who.int/dietphysicalactivity/en/>
2. WHO Reducing salt intake at the population level--2006 Forum and Technical Meeting  
<http://www.who.int/dietphysicalactivity/reducingsalt/en/index1.html>
3. WHO Reducing salt intake at the population level--2006 Forum and Technical Meeting  
Overall Recommendations: See P 42 of  
[http://www.who.int/dietphysicalactivity/reducingsaltintake\\_EN.pdf](http://www.who.int/dietphysicalactivity/reducingsaltintake_EN.pdf)
4. HHS “**Your Guide to Lowering Blood Pressure**” (See page 13 for recommendations re herbs & spices for replacing salt):  
[http://www.nhlbi.nih.gov/health/public/heart/hbp/hbp\\_low/hbp\\_low.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/hbp_low/hbp_low.pdf)
5. HHS “**The Healthy Heart Handbook for Women**”  
[http://www.nhlbi.nih.gov/health/public/heart/other/hhw/hdbk\\_wmn.pdf](http://www.nhlbi.nih.gov/health/public/heart/other/hhw/hdbk_wmn.pdf) re Garlic and onions:  
These foods have not been found to affect blood pressure, but they are tasty, nutritious substitutes for salty seasonings and can be used often. p.72
6. NIH Medline Plus “**Tasty Stand-Ins for Salt**”  
<http://www.nlm.nih.gov/medlineplus/magazine/issues/sprsum10/articles/sprsum10pg15b.html>
7. HHS **Delicious Heart-Healthy Latino Recipes:**  
[http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_recip.pdf](http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf)

Continued page 2

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## 8. American Heart Association “**Shaking the Salt Habit**”

[http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Shaking-the-Salt-Habit\\_UCM\\_303241\\_Article.jsp#](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Shaking-the-Salt-Habit_UCM_303241_Article.jsp#)

Click on “Seasoning Alternatives” for the following:

### **Seasoning Alternatives**

There is a rich world of creative and flavorful alternatives to salt. Get started with this guide to spices, herbs and flavorings and the food items with which they are a particularly good flavor match. Then get creative and experiment!

**Here are some seasonings to add variety:**

- **Allspice:** Lean ground meats, stews, tomatoes, peaches, applesauce, cranberry sauce, gravies, lean meat
- **Almond extract:** Puddings, fruits
- **Basil:** Fish, lamb, lean ground meats, stews, salads, soups, sauces, fish cocktails
- **Bay leaves:** Lean meats, stews, poultry, soups, tomatoes
- **Caraway seeds:** Lean meats, stews, soups, salads, breads, cabbage, asparagus, noodles
- **Chives:** Salads, sauces, soups, lean meat dishes, vegetables
- **Cider vinegar:** Salads, vegetables, sauces
- **Cinnamon:** Fruits (especially apples), breads, pie crusts
- **Curry powder:** Lean meats (especially lamb), veal, chicken, fish, tomatoes, tomato soup, mayonnaise
- **Dill:** Fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean beef, lamb, chicken, fish
- **Garlic** (not garlic salt): Lean meats, fish, soups, salads, vegetables, tomatoes, potatoes
- **Ginger:** Chicken, fruits
- **Lemon juice:** Lean meats, fish, poultry, salads, vegetables
- **Mace:** Hot breads, apples, fruit salads, carrots, cauliflower, squash, potatoes, veal, lamb
- **Mustard (dry):** Lean ground meats, lean meats, chicken, fish, salads, asparagus, broccoli, Brussels sprouts, cabbage, mayonnaise, sauces
- **Nutmeg:** Fruits, pie crust, lemonade, potatoes, chicken, fish, lean meat loaf, toast, veal, pudding
- **Onion powder** (not onion salt): Lean meats, stews, vegetables, salads, soups
- **Paprika:** Lean meats, fish, soups, salads, sauces, vegetables
- **Parsley:** Lean meats, fish, soups, salads, sauces, vegetables
- **Peppermint extract:** Puddings, fruits
- **Pimiento:** Salads, vegetables, casserole dishes
- **Rosemary:** Chicken, veal, lean meat loaf, lean beef, lean pork, sauces, stuffings, potatoes, peas, lima beans
- **Sage:** Lean meats, stews, biscuits, tomatoes, green beans, fish, lima beans, onions, lean pork
- **Savory:** Salads, lean pork, lean ground meats, soups, green beans, squash, tomatoes, lima beans, peas
- **Thyme:** Lean meats (especially veal and lean pork), sauces, soups, onions, peas, tomatoes, salads
- **Turmeric:** Lean meats, fish, sauces, rice

9. American Heart Association “**Low-Salt Cookbook- 4<sup>th</sup> Edition**” includes the following on page 321:

# NO-SODIUM SEASONING GUIDE

Try these suggested seasonings to add flavor instead of salt to your at-home cooking.

<b>BREADS</b>	Anise, caraway seeds, cardamom, fennel, poppy seeds, sesame seeds
<b>DESSERTS</b>	Anise, caraway seeds, cardamom, cinnamon, cloves, coriander, ginger, mace, mint, nutmeg, poppy seeds
<b>ENTRÉES</b>	
<b>Beef</b>	Allspice, bay leaf, bell pepper, cayenne, cumin, curry powder, garlic, marjoram, mushrooms, dry mustard, nutmeg, onion, rosemary, sage, thyme, wine
<b>Pork</b>	Apple, applesauce, cinnamon, cloves, fennel, garlic, ginger, mint, onion, sage, savory, wine
<b>Poultry</b>	Basil, bay leaf, bell pepper, cinnamon, curry powder, garlic, lemon juice, marjoram, mushrooms, onion, paprika, parsley, lemon pepper, rosemary, saffron, sage, savory, sesame, tarragon, thyme, wine
<b>Seafood</b>	Allspice, basil, bay leaf, bell pepper, cayenne, cumin, curry powder, fennel, garlic, lemon juice, mace, marjoram, mint, mushrooms, dry mustard, onion, paprika, saffron, sage, sesame seeds, tarragon, thyme, turmeric, wine
<b>SALADS</b>	Basil, chervil, coriander, dill, lemon juice, mint, mustard, oregano, parsley, rosemary, sage, savory, sesame seeds, turmeric, vinegar, watercress
<b>VEGETABLES</b>	
<b>Asparagus</b>	Garlic, lemon juice, onion
<b>Beans, Dried</b>	Caraway seeds, cloves, cumin, mint, savory, tarragon, thyme
<b>Carrots</b>	Anise, cinnamon, cloves, mint, sage, tarragon
<b>Corn</b>	Allspice, bell pepper, cumin, pimiento, tomato
<b>Cucumbers</b>	Chives, dill, garlic, vinegar
<b>Green Beans</b>	Dill, lemon juice, marjoram, nutmeg, pimiento
<b>Greens</b>	Garlic, lemon juice, onion, vinegar
<b>Peas</b>	Allspice, bell pepper, mint, mushrooms, onions, parsley, sage, savory
<b>Potatoes</b>	Bell pepper, chives, dill, garlic, onion, pimiento, saffron
<b>Squash</b>	Allspice, brown sugar, cinnamon, cloves, fennel, ginger, mace, nutmeg, onion
<b>Tomatoes</b>	Allspice, basil, garlic, marjoram, onion, oregano, sage, savory, tarragon, thyme

Note: Allspice=The berry of the pimiento tree. Called “allspice” because it tastes like a combination of cinnamon, nutmeg and cloves. Used in many foods (from soups, stews, and meats to cakes and fruit dishes).