

HEART-HEALTHY SEASONING & FLAVOR GUIDE

Simple Ways to Add Flavor While Supporting Your Heart

Rule
#1

**Use herbs,
not salt.**

Rule
#2

**Flavor more,
stress your
heart less.**

High-Sodium & High-Cholesterol Items to Avoid

Limit / avoid

Use more



Salt shaker



**Lemon /
fresh herbs***



Soy sauce



**Rice vinegar /
low-sodium tamari**



Bouillon cubes



**Homemade
veggie broth**



Garlic salt



Garlic powder



**Seasoning blends
with phosphates**



Pure herb mixes



Ketchup



**Tomato purée +
lemon**



*Parsley, Dill, Basil, Oregano, Rosemary

SAFE & HEART-FRIENDLY SEASONINGS

FRESH HERBS:

Parsley



Dill



Mint



Thyme



Cilantro



Basil



Rosemary



Oregano



DRY SPICES:

Paprika



Smoked paprika



Garlic powder



Onion powder



Black pepper



Turmeric



Cumin



Cinnamon



Bay leaf



SAFE & HEART-FRIENDLY SEASONINGS

Visual Swaps (placeholders below)

Instead of this

Use this



Salt



Lemon zest



BBQ sauce



**Smoked paprika +
garlic**



Soy sauce



**Rice vinegar +
pinch of ginger**



Store marinades



Olive oil + herbs



**Commercial
taco seasoning**



**Cumin + paprika +
oregano**



Pickles



**Cucumber +
lemon + dill**



10 Heart-Healthy Flavor Combos



**Lemon + garlic +
parsley**



**Olive oil + dill +
lemon zest**



**Paprika + cumin +
oregano**



**Garlic powder +
thyme**



**Smoked paprika +
black pepper**



**Turmeric +
ginger**



**Mint +
lemon**



**Basil +
tomato**



**Cinnamon +
apple purée**



**Rosemary +
lemon**

5 Quick Low-Sodium Renal-Safe Sauces

**Lemon-Herb
Drizzle (olive oil +
lemon + parsley)**



**Golden Turmeric
Mix (turmeric +
lemon + pepper)**



**Garlic Yogurt Dip
(Greek yogurt +
garlic powder +
cucumber)**



**Green Refresh
Sauce (cilantro +
lime + olive oil)**



**Simple Red Sauce
(tomato purée +
basil + oregano)**



“Simple swaps. Clean flavors. Heart-healthy cooking
made easy.” — Dr. Elena Marini