

# Health Tips

*for seniors*

## Looking to reduce your salt intake?

### Recommendations

- Limit sodium to < 2400 mg/day or salt to < 6 g/day
- Avoid processed foods such as canned goods / soups, pickles, frozen dinners & other such convenience foods
- Limit consumption of fast foods
- When dining out, ask for your food to be prepared without salt
- Avoid adding salt, condiments or toppings to your foods
- Try pre-mixed seasonings like Mrs. Dash®

### Try these herbs & spices to enhance the flavor of your food

- **Allspice** - stew, tomatoes, & gravy
- **Basil** - fish, lamb, salads, soups, & sauces
- **Cayenne pepper** - soups, casserole, cheese sauces, baked egg dishes, barbecued poultry & lean meats
- **Cinnamon** - pork, breads, sweet potatoes, & squash
- **Cumin** - chili, stew, & beans
- **Curry** - meat, chicken & fish dishes, tomatoes, sauces & rice
- **Dill** - fish, chicken, vegetables, potatoes, salads, & pasta
- **Fennel** - lean pork, squash, beets, sauces, & seafood
- **Garlic** - lean meats, fish, poultry, soups, salads, vegetables, pasta & dishes
- **Lemon or lime juice** - fish, poultry, salads, vegetables, & sauces
- **Mint** - salads, potatoes, bulgur, & beans
- **Nutmeg** - potatoes, chicken, fish, cauliflower, broccoli, & cabbage dishes
- **Rosemary** - chicken, fish, sauces, stuffing, potatoes, peas, & lima beans
- **Sesame** - salads, breads, chicken, & vegetables

For more information visit [www.eatright.org](http://www.eatright.org)

Erie County Department of Senior Services

(716) 858-8526 [www.erie.gov/depts/seniorservices/](http://www.erie.gov/depts/seniorservices/)

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