

SEASONING RECIPES

Directions: Combine all ingredients in a small bowl and blend well. Spoon into shaker. Store in a cool, dark place.

Spicy blend

- 1/4 tsp freshly ground white pepper
- 1 tbsp dry mustard
- 1/4 tsp ground cumin
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp curry powder

Salt-less surprise

- 2 tsp garlic powder
- 1 tsp dried basil
- 1 tsp oregano

Spicy seasoning

- 1 tsp cloves
- 1 tsp peppercorns
- 2 tsp paprika
- 1 tsp coriander seed (crushed)
- 1 tbsp rosemary

Herb seasoning

- 2 tbsp dried dill or basil
- 1 tsp celery seed
- 2 tbsp onion powder
- 1/4 tsp (pinch) dried oregano leaves, crumbled freshly ground pepper

DINING OUT TIPS

If you eat out on a regularly, you may want to consider the following points:

Appetizers

- Select fresh fruit or vegetables
- Avoid soups and broths
- Choose salads and order salad dressings on the side and use small amounts of them
- Avoid cured meats, seasoned croutons, cheeses, salted nuts

Main courses

- Select meat, poultry, fish or shellfish choices that includes the words boiled, grilled, broiled or roasted
- Ask for gravy / sauces to be served separately and use in small amounts
- Select plain vegetables, potatoes and noodles
- Ask if food can be cooked without adding salt
- Avoid restaurants that do not allow for special food preparation (such as buffet style restaurants or fast food chains)
- Avoid salted condiments and garnishes such as olives