**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