

HEALTHY EATING

WANT TO MAKE CHOICES THAT REDUCE THE SODIUM YOU EAT?

Instead of: Salt, ketchup, soy sauce, worchester sauce, and other sauces

...TRY THIS!

Basil



GOOD WITH



tomatoes and pasta



Cumin



GOOD WITH



soups, stews and sauces



Curry



GOOD WITH



meat, poultry and stews



Oregano



GOOD WITH



pasta, soups and salad



Thyme



GOOD WITH



chicken, veal, salads and vegetables



Lemon



GOOD WITH



vegetables, fish and poultry



TAKE CARE
OF YOUR
EQUIPMENT