

Which seasonings are healthy to use?

Some seasonings have too much salt. Adding too much salt to food is unhealthy. Try spices and herbs. They're healthier and add flavor to foods.

Avoid using salty seasonings like:



Adobo



Bouillon powder



Bouillon cubes



Salt Seasonings



Sazón

Try spices and herbs like:



Fresh Cilantro



Oregano



Paprika



Rosemary



Mrs. Dash



Red pepper flakes

Talk to your CHN Nutritionist to learn more!