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!