

Choosing Healthy Spices



Find fresh herbs in the produce section



To choose a dried spice:

Look for whole or ground dried spices that only have one ingredient on the ingredient list



Choose dried garlic and onion powder rather than garlic and onion salt

Disclaimer: These tips are for information only. They do not replace advice from your doctor.

Avoid salt substitutes. The level of potassium in these products is too high for people who are living with heart disease

To choose a pre-made blend:

5%

Use the nutrition facts table to find a blend that has **5% or less** daily value of sodium



Look for a blend that does not have salt listed in the ingredient list



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.