



SALT REPLACEMENTS

If you like	Try...
HOT	cayenne pepper, chili (fresh, oil or low sodium sauce)
Sour	lemon, lime, vinegar (balsamic, cider, rice, white, wine)
Peppery	pepper (black brown, pink, white)
Sweet	cranberry sauce, fresh fruit , fruit juice, honey molasses
Citrus	lemon, lemongrass, lime
Tomato	tomato fresh or low sodium
Other	anise, corriander,cumin, curry powder, dill, dry mustard, garlic, onion, paprika

