

Health and Diet - Dec 6, 2004

Reduce your sodium intake! Rinse and drain all canned vegetables, beans, and legumes before eating. Put the saltshaker away and use fresh or dried herbs and sodium-free spices! Try combining: 2 tsp. garlic powder 1 tsp. basil 1 tsp. oregano 1 tsp. anise 1 tsp. powdered lemon rind or dried lemon and use this mixture instead of salt.