

**State of Nevada**  
**Aging and Disability Services Division**

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**Dietary Reference Intake (DRI) Recipes and Menus**  
**Herbs and Spices List**

When utilizing a recipe developed by ADSD's Registered Dietitian, as available at <http://adsd.nv.gov/Programs/Grant/Nutrition/Resources/>, or when creating other meals, the following ingredients may be added to increase flavor without adding sodium:

- Basil
- Bay leaves
- Cayenne pepper
- Chili powder
- Chives
- Cilantro
- Cinnamon
- Cloves
- Curry
- Dill weed
- Dry mustard
- Fennel
- Garlic powder or fresh garlic
- Marjoram
- Onion powder or fresh onions
- Oregano
- Paprika
- Parsley
- Pepper
- Rosemary
- Saffron
- Tarragon
- Thyme
- Any mixture of the above as long as it does not contain salt or MSG

**Some of these spices are too hot or strong for many people. Please use caution.**

**This list is not all-inclusive. Additional spices or herbs may be used if they do not increase the sodium level.**