

4.6.21 / [Nutrition](#)

Our RDNs designed a Low-Sodium Homemade Spice Blend to Enhance Flavor

By [Lisa Zullig, Director of Nutrition Services, MS, RDN, CSG, CDN](#)

Spice blends add flavor to many of your favorite foods, and are one of the easiest ways to customize recipes while giving your dishes a [healthy boost](#). Instead of paying top dollar for spice mixtures, why not make your own??

Many store-bought spice blends include additives, sodium, and MSG; making your own homemade seasonings will encourage you to turn from the saltshaker to a healthy, yet tasty alternative. By blending your own spices, you can adjust each dish to suit your preferences for heat, smokiness, and sweetness. Plus, you can control your sodium intake by eliminating salt or changing the ratio to your liking.

Research shows that herbs and spices are loaded with phytonutrients, which are rich in health-promoting properties such as antioxidants and anti-inflammatory properties that can prevent or reduce illness or disease. Making homemade spice blends instead of buying packets at the grocery store is an easy and delicious way to make a simple change in your health and diet.

Once you have made your homemade seasoning, you store it for up to 6 months in an airtight spice jar or mason jar in a cool place out of direct sunlight. Spices will lose their freshness and vibrant flavor as time goes by so only make enough to last for up to 6 months (and don't make the batches too large; over time they'll lose potency).

Here is a recipe for an all-purpose salt free blend to get you started!

SALT FREE ALL PURPOSE SEASONING BLEND

- 2tablespoons garlic powder
- 2tablespoons onion powder
- 1tablespoon chili powder
- 1tablespoon paprika
- 1tablespoon parsley
- 1 1/2teaspoons black pepper

Check out our tiktok of RDN Paula Rubello making the spice blend below:

[@godslowewedeliver](#)Add flavor to your food with this [##saltfree](#) all-purpose seasoning made by our [##registereddietitian](#), Paula

[🎵 Yummy – Justin Bieber](#)



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3.30.21 / Nutrition

RDN-made Chicken Meals from Around World: Samgyetang (Korean Ginseng Chicken Soup)

This National Nutrition Month, we'll be featuring chicken meals designed by our Registered Dietitian Nutritionists from around our world to celebrate diversity, inclusion, and the importance of delicious healthy eating....



3.19.21 / Nutrition

RDN-made Chicken Meals from Around World: Chicken Milanese with garlic mashed potatoes and mixed salad (Milanesas de pollo con pure de papas y ensalada mixta)

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