



This list covers a fair amount of herbs, spices and seasonings. If we've left something off, do your homework: Search for the nutritional data, and remember . . . at the end of the day, **all calories matter.**

**HERBS and SPICES** - Calories provided are for 1 TB, except where noted.

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|----------------------------------|--------------------------------|
| Allspice (16 c)                  | Lemongrass (4 c)               |
| Basil (2 TB, chopped = 1 c)      | Marjoram (3 c)                 |
| Cardamon (16 c)                  | Nutmeg (33 c)                  |
| Celery seed (25 c)               | Oregano (9 c)                  |
| Chili powder (18 c, 131 mg. sod) | Paprika (18 c)                 |
| Chives (1 c)                     | Parsley (1 c)                  |
| Chopped onion flakes (17 c)      | Pepper (17 c)                  |
| Cilantro (4 TB = 1 c)            | Poppy seeds (42 c)             |
| Cinnamon (17 c)                  | Poultry seasoning (3 c)        |
| Cloves (16 c)                    | Rosemary (1 c)                 |
| Coriander (4 TB = 1 c)           | Saffron (6 c)                  |
| Cumin (23 c)                     | Sage (6 c)                     |
| Dill (5 sprigs = 0)              | Tarragon (3 c)                 |
| Dill seed (18 c)                 | Thyme (9 c)                    |
| Fennel seed (21 c)               | Turmeric (21 c)                |
| Garlic powder (30 c)             | Vanilla (37 c)                 |
| Ginger, ground (17 c)            | Za'atar (50-60 c, 3-7 gr. fat) |

**MISCELLANEOUS SEASONINGS** - Calories provided are for 1 TB, except where noted.

- Balsamic vinegar: 15 calories, 195 mg. sodium (all vinegars OK; watch calories)
- Broth (low-/sodium-free) 15 calories; 1 cup = 16 TB = 240 calories
- Pam cooking spray: 1-second spray = 7 calories, 1 gr. fat
- Frank's Hot Sauce (original flavor only): 3 calories, 570 mg. sodium
- Grey Poupon Dijon Mustard: 15 calories, 345 mg. sodium
- Herb-ox Sodium-Free Granulated Bouillon packets: 1 packet = 10 calories
- Horseradish, Gold's red or white: 15 calories, 90 mg. sodium
- Sriracha: 15 calories, 240 mg. sodium
- Worcestershire Sauce: 15 calories, 195 mg. sodium

**NO ADDED SALT! NO ADDED SUGAR!**

Salt, sugar substitutes OK. "No Salt" seasonings OK. (Mrs. Dash, McCormick's Spice Island)  
**NO SOY SAUCE!**—not even "lite," which will be allowed as of Intermediate Lifestyle.