



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 "less sodium," which will be allowed as of Intermediate Lifestyle.