











# Types of Salt Substitutes

Salt Substitutes	Taste	Function	Where to use
Caramelized Onion 	Umami Sweet	Contains vitamin C Helps improve immune system	Stews, soups, pizza and burgers Any braised or roasted dish Vegetarian dishes
Rosemary 	Pine-like fragrance	Improves memory Improves immune system Prevents blood vessel damage	Roast or grilled meats, pizza, steaks, tomato sauce, bread
Chili 	Spicy Hot	Improves metabolism	Vegetable soup, stir-fry, stews
Cinnamon 	Sweet-spicy	Contains antioxidants Lowers blood sugar levels	Cake, sweet drinks, savory dishes, fruits and vegetables
Cumin 	Earthy, Spicy Smoky	Has antibacterial properties	Lamb, potatoes, beans, squash, bread, onions, eggplants, chicken
Ginger 	Peppery, Lemony Slightly sweet with sharp aroma	Helps relieve pain Improves immune system Improves digestion	Sweet and savory dishes, soup, seafood, vegetables, meats
Vinegar 	Acidic	Lower blood sugar Lower cholesterol	Salad dressing, marinade, salsa
Mushroom 	Umami	Rich in nutrients Low in calories Boosts the immune system	Stir-fry vegetables, pasta, chicken, lamb
Garlic 	Strong Spicy	Helps eliminate cancer cells Contains allicin Lowers blood pressure	Chicken, pork, seafood, curries, soups, sauces, onions, tomatoes, beans, ginger
Lemon Juice 	Bright taste Acidic	Improves immune system	Salads, steamed vegetables, sauteed vegetables, seafood, chicken, soups, sauces



To learn more about our doctor's group, call Member Relations:  
(415) 590-7418

Follow AAMG on social media for the latest news, events, and more!



Website



YouTube



Facebook