

# Yummier ... And Healthier ... Than Salt



Cutting back on sodium is an important part of managing hypertension (high blood pressure). Load up your shopping cart with the 20 alternative flavorings whose names are scrambled in this puzzle.



- GARLIC
- GINGER
- HERBS
- LEMON JUICE
- MUSTARD
- OLIVE OIL
- ONIONS
- OREGANO
- PAPRIKA



- PEPPER
- ROSEMARY
- SALSA
- SESAME OIL
- SPICES
- THYME
- VINEGAR
- BASIL
- CINNAMON
- CITRUS ZEST
- CORIANDER