

FCS Flavor and Herb Options



Herbs & Aromatics

Using fresh or dried herbs add flavor without adding fat. Herb blends can also be a great option! Use low sodium or seasoning blends without salt if your medical team has recommended to limit sodium.

- » Basil
- » Parsley
- » Oregano
- » Thyme
- » Sage
- » Bay leaf
- » Rosemary
- » Marjoram
- » Cilantro
- » Dill
- » Mint
- » Tarragon

Aromatics

- » Garlic or garlic powder
- » Ginger (fresh or dried/ground)
- » Shallots
- » Onions
- » Scallions
- » Lemongrass
- » Fennel bulb



Acids

Acid adds brightness and freshness to foods, along with a lot of flavor without any fat!

Citrus – use the juice or zest of citrus fruits

- » Lemon
- » Lime
- » Orange

Vinegars

Vinegars are a great addition to salad dressings and marinades. Vinegars can also be added to deglaze a pan when cooking.

- » Rice vinegar
- » Champagne or white wine vinegar
- » Apple cider vinegar
- » Sherry vinegar
- » Balsamic vinegar

Spices & Umami Boosters

These add depth of flavor without adding fat, making low-fat foods more satisfying.

Spices

- » Smoked paprika
 - » Cumin, coriander
 - » White pepper
 - » Mustard powder or prepared mustard*
- *always check food labels on prepared mustard to look for added fats

Umami

- » Mushroom powder
- » Nutritional yeast (check labels for grams of fat)
- » Tomato paste
- » Seaweed: nori flakes, dulse
- » Low sodium soy sauce
- » Coconut aminos

Cooking Techniques

Each of these cooking methods avoid adding fat, but they don't skimp on flavor!

- Roasting
- Sautéing with broth
- Grilling
- Smoking (works great for lean proteins)
- Pressure cooking
- Sous vide
- Air Fryer

Adding texture without adding fat

Low-fat doesn't have to mean boring! Adding any of these helps change up the texture to keep foods interesting.

Crunchy

- » Jicama, radish, cucumber
- » Water chestnuts
- » Toasted breadcrumbs (fat-free, dry toasted)
- » Puffed rice or quinoa (fat-free prep)

Creamy

- » Puréed cauliflower
- » Blended white beans
- » Potato purée
- » Fat-free yogurt

