Herbs are savory plants used for flavoring food. Popular culinary herbs include basil, bay leaf, chervil, chives, cilantro, marjoram, oregano, dill, parsley, thyme, tarragon, rosemary, and mint.

**Why Are Herbs a Superfood?**
- They give flavor to food without the addition of salt
- Herbs can be purchased dry or fresh and are budget friendly
- You can easily grow them in a pot indoors or in your garden
- There are many varieties of herbs which can be purchased as a single herb or as part of a blend
- You can drink herbs as tea*

*Some herbal teas can interfere with actions of medicines. Check with your kidney dietitian or doctor for specifics on herbal teas.

**Herbs and Kidney Disease**
Used in small amounts for seasoning, herbs are not a significant source of nutrients. Herbs are beneficial for people in all stages of kidney disease including:
- CKD/Transplant
- Hemodialysis (3 times/week)
- Daily Home and Nocturnal Hemodialysis/Peritoneal Dialysis
- Kidney Stones
Recipe

**SPICY SEASONING**

**MAKES: ABOUT 1/2 CUP**

- 3 Tbsp. celery seed
- 1 Tbsp. onion powder
- 1 tsp. garlic powder
- 2 Tbsp. crushed oregano
- 1 Tbsp. crushed thyme
- 1-1/2 tsp. ground bay leaf
- 1-1/2 tsp. black pepper
- 1-1/2 tsp. ground cloves

(Nutrition: *The Art of Good Eating, Seattle, WA*)

<table>
<thead>
<tr>
<th>HERB</th>
<th>USE WITH</th>
</tr>
</thead>
<tbody>
<tr>
<td>BASIL</td>
<td>Beef, pork, most vegetables</td>
</tr>
<tr>
<td>BAY LEAF</td>
<td>Beef, pork most vegetables</td>
</tr>
<tr>
<td>CILANTRO</td>
<td>Chicken, seafood</td>
</tr>
<tr>
<td>DILL</td>
<td>Beef, chicken, green beans, cabbage, carrots, peas, dips</td>
</tr>
<tr>
<td>MARJORAM</td>
<td>Beef, chicken, pork, green beans, cauliflower, eggplant</td>
</tr>
<tr>
<td>MINT</td>
<td>Lamb, iced tea</td>
</tr>
<tr>
<td>ROSEMARY</td>
<td>Chicken, pork, cauliflower, peas, marinades, risotto</td>
</tr>
<tr>
<td>THYME</td>
<td>Beef, chicken, pork, fish, green beans, beets, carrots</td>
</tr>
<tr>
<td>TARRAGON</td>
<td>Fish, asparagus, beets, cabbage, cauliflower, marinades</td>
</tr>
</tbody>
</table>

For more information, contact the National Kidney Foundation

Toll-free help line: 855.NKF.CARES or email: nkfcares@kidney.org

The National Kidney Foundation wishes to thank its Council on Renal Nutrition (CRN) for the development of this fact sheet.