



The Delicious Dietitian Spice Blends cook evenly and can be used in any recipe. All of our Spice Blends are proud to have NO salt, NO sugar, and NO calories. They are 100% gluten-free, 100% raw, 100% vegan, and kosher. Enjoy real flavor!

THE DELICIOUS DIETITIAN SPICE BLENDS

CREOLE SPICE BLEND



All the flavor of a jazz brunch without the sodium punch. We've combined the unique blend of the Louisiana bayou with a healthy approach. Garlic, onion, thyme and other spices will warm your palette with that famous Zydeco flair. The perfect combination to add comfort to your food without the guilt.

Add richness to soups, stews, and seafood dishes without sacrificing your and your family's waistline. Keep them coming back for more!

SOUTHERN ALL-PURPOSE SPICE BLEND



Southerners are known for their welcoming charm and gracious hospitality. Our Southern All-Purpose Blend makes you think of sipping tea on the front porch on a hot summer day. The unique lavender in this blend adds an elegant flavor reminiscent of the French roots of Mobile, the Azalea city.

Pairs perfect with chicken salad, pasta salads and in delicate cream sauces. Savor your favorite traditional Southern dishes while being health conscious.

SEAFOOD SPICE BLEND



Fish On! Whether you are grilling Atlantic salmon or having Fresh Gulf Coast shrimp, our seafood blend will make your mouth water. Cool lemon zest with traces of paprika, ginger and onion glaze nicely on any seafood.

Great with seafood including fish, crab, shrimp, scallops and oysters. Pasta and veggies, too!

ITALIAN MEDITERRANEAN SPICE BLEND



Inspired by the Mediterranean Coast, this heart healthy blend captures the robust essence of true Italian cuisine. Finely ground basil, oregano, thyme and other herbs create a delicious fresco experience.

Intensify the flavor of an ordinary dish by adding it to tomato sauce, pasta, or use as a dry rub for meats. Make homemade salad dressing zesty with just a few sprinkles.



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THE DELICIOUS DIETITIAN SPICE BLENDS

SOUTHWEST SPICE BLEND



Saddle up for a trail blazing experience! Cayenne pepper, onion, garlic and other spices will bring you back to the old west. Whether you're making fajitas or salsa or looking to add flair to your favorite recipe our healthy Southwest blend adds that authentic south of the border taste.

Leave the salt and pepper in the cupboard and add a kick to your next meal with this rustic salt free blend.

THAI SPICE BLEND



Excite your taste buds with this distinctive sweet and spicy authentic flavor. Enjoy the exotic and earthy blend of Asian spices. Curry, ginger and other rich natural herbs combine to create a powerful and spicy addition to any meal. This enticing blend compliments chicken and beef perfectly.

Mix to marmalade or yogurt for an interesting sauce or spread. Enjoy authentic Thai flavor at home with no MSG.



The Delicious Dietitian Wine Vinegars are 100% natural, 100% raw, 100% vegan, 100% gluten-free and antioxidant rich! Working with local farmers is the key to our quality and ensures the “farm to table” experience. Our artisan blend is hand bottled and aged to delicious perfection! Enjoy real flavor!

THE DELICIOUS DIETITIAN WINE VINEGARS

APPLE WINE VINEGAR

Apple Wine Vinegar captures the flavor of a ripe apple, and all of the health benefits, too! This vinegar captures the vitamins, minerals, and antioxidants found in fresh apples. Apple vinegar adds a unique flavor when used to marinate poultry or dress up a salad. The apples natural sweetness can accent a salty dish or add hints of fruity flavor without adding sugar. Experience the benefits of clean eating from this vinegar created from farm-grown produce.



BLUEBERRY WINE VINEGAR

Blueberry Wine Vinegar is a sweet and fruity vinegar that perfectly reflects the wonderful, summery taste of fresh blueberries. The blueberries lend their high levels of antioxidants and their signature color to this flavorful vinegar. This vinegar is especially delicious on fresh green salads or fruit salads. Boost your health from the benefits of organic blueberries by simply drizzling over food. The fresh bite it provides will confirm its all-natural characteristic.



RED MUSCADINE WINE VINEGAR

Red Muscadine Wine Vinegar is produced using the whole red-skinned muscadine fruit to produce the red color and robust flavor of this vinegar. The red muscadine vinegar is a delicious marinade and stands up to the hearty flavor of beef and brightens winter soups and stews. It adds a refreshing flair to dishes when replacing red wine vinegar.

Gather friends and family around the table by adding it to olive oil with warm and fresh bread. Compliments Mediterranean inspired meals perfectly. Fight off free radicals with this antioxidant rich vinegar.



WHITE MUSCADINE WINE VINEGAR

White Muscadine Wine Vinegar is made from Gulf Coast silver-skinned muscadines to produce delicious and healthy vinegar. It is high in antioxidants and has a bright, crisp taste. This vinegar is a flavorful addition when added to vegetables or salads, and can be used to replace any white vinegar in recipes. Its whole food quality can be used in vinaigrettes and even contribute to delicate cream sauces. With no sugar or salt it can make a healthier version of your favorite dishes.





ABOUT THE DELICIOUS DIETITIAN

Jen Neese – Owner & Founder of The Delicious Dietitian

When she founded The Delicious Dietitian, Jen Neese's goal was to create a private practice of "food experts", geared at promoting real nutrition for real people. The concept of The Delicious Dietitian grew from Neese's lifelong desire to help people lead better, healthier lives. Neese's original motivation for offering "real nutrition" started with her grandmother, a longtime dialysis patient. As a young adult, Neese frequently helped her mother and aunts find seasonings for her grandmother's meals that were free of salt, phosphorus and potassium. This experience left a lasting impression on Neese.

During her years of work in dietetics, Neese has encountered a varied patient population including those with diabetes, high cholesterol, kidney or heart disease, as well as those interested in practicing a vegan, raw or gluten-free lifestyle. While most dietitians work in hospital settings, Neese realized that this sometimes causes patients to be uncomfortable, either due to group sessions or because being at a hospital reminds these individuals that they have a disease. The Delicious Dietitian was created to be an alternative for those services, while presenting healthy eating in an achievable way.

Neese feels that many of life's most valuable lessons are learned at a kitchen table, just like the one from her childhood. Now, as a mother to two children and a wife of an active and currently deployed U.S. Army reservist, Neese still depends on the kitchen table as a teaching place for her family. This idea has extended further to The Delicious Dietitian where each consultation room at The Delicious Dietitian includes a kitchen table, adding further approachability to the practice and its services.

Over her career of seeing patients with restrictive dietary needs, Neese has looked for a healthy, kosher and clean way to add flavor to their meals without salt, sugar, potassium, gluten and MSG. Not finding anything that was both a perfect fit and flavorful, she developed The Delicious Dietitian Spice Blends and Wine Vinegars with the help of local and regional partners. Her grandmother served as her inspiration for the product line, along with her native city, Mobile, AL (known as the Azalea City), her appreciation for flavorful "farm to table" local ingredients, and the many patients she has served through the years.



Our Mission

We believe in promoting health through Real Nutrition using Real Food for Real Life. This is our mission for Real People.



For a comprehensive list
of recipes please visit
www.thedeliciousdietitian.com



EXAMPLE RECIPES

SOUTHWEST BEEF KABOB

- 6 metal skewers
- 24 cubed beef tenderloin (½ inch fatless)
- 20 red sweet pepper (½ inch diced)
- 20 green pepper (½ inch diced)
- 20 sweet onion (2 inch slices)
- 6 whole button mushrooms (medium to large size)
- ¼ cup olive oil
- ¼ cup Red Muscadine Wine Vinegar
- 1 tablespoon Southwest Spice Blend
- 1 tablespoon fresh garlic (minced)

Directions:

1. Mix wine vinegar, olive oil, garlic, and Southwest Blend
2. Pour over meat and vegetables
3. Marinate seven hours or overnight
4. After marinating, put meat and vegetables on skewers alternating them
5. Bake on high heat 450 degrees until desired doneness for medium rare
6. Serve with brown rice, orzo, or couscous



THAI CARROT SOUFFLÉ

- 1 pound fresh steamed carrots
- 1 tablespoon sugar substitute like Truvia or Splenda
- 1 tablespoon Thai Spice Blend
- 2 tablespoon canola oil
- 3 egg whites stiffly beaten
- Vegetable pan spray

Directions:

1. Spray one quart casserole dish and set aside
2. Puree carrots in food processor with oil, sugar substitute, and Thai Spice Blend until smooth
3. Fold in egg whites
4. Pour into casserole dish
5. Bake at 350 degrees for 30-40 minutes or until set and golden





PRICE LIST

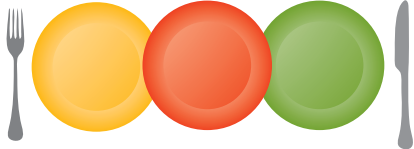
WINE VINEGARS

Apple Wine Vinegar	\$8.99
Blueberry Wine Vinegar	\$8.99
Red Muscadine Vinegar	\$8.99
White Muscadine Vinegar	\$8.99

SPICE BLENDS

Creole Spice Blend	\$8.99
Southern All-Purpose Spice Blend	\$8.99
Seafood Spice Blend	\$8.99
Italian Mediterranean Spice Blend	\$8.99
Southwestern Spice Blend	\$8.99
Thai Spice Blend	\$8.99

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PRODUCT FAQs

Are The Delicious Dietitian Spice blends safe to use on a limited diet?

Yes! The Delicious Dietitian Spice Blends are a great choice for anyone trying to limit salt, sugar, additives and preservatives found in many seasonings. They offer a healthy and delicious alternative for everyone looking for flavor without sacrificing their health. Our spice blends contain NO sodium or potassium, they are great for patients on a low sodium or low potassium diet, and because they contain NO sugar they are a great choice for patients with diabetes.

Why Use The Delicious Dietitian Spice Blends?

The Delicious Dietitian surveyed over 1,500 patients and asked if they were happy with current salt free substitutions and salt-free spice blends. This is what we discovered:

- 98% reported an overall lack of flavor with current salt-free spice blends
- 73% reported that the coarse texture got in their teeth
- 31% reported that the coarse texture got under their dentures or bridgework
- 76% reported some salt free substitutes created a metallic or bitter taste once cooked
- 85% reported that they were unaware that many salt-free seasonings contained potassium chloride

What is the difference between The Delicious Dietitian Spice Blends and other commercial salt free blends?

Many commercial blends can be hard, course, stale and lack flavor. Because our spice blends are hand ground, the robust flavor is more effective in bringing out the best in your food. Unlike most commercial blends, The Delicious Dietitian Spice Blends do not contain artificial flavor enhancers, preservatives or fillers. Our salt-free and potassium free spice blends do not become bitter or metallic in taste like other large scale salt-free blends. 100% natural, vegan, gluten-free and raw! No dairy or soy.

Which one should I try first?

A great way to begin using any of The Delicious Dietitian Spice Blends is to start with a package. There are different packages within the website that can help get you started. Keeping all of The Delicious Dietitian products on your kitchen countertop is the first step to a healthier you!

What makes The Delicious Dietitian Spice Blends a healthy choice for seasoning?

The Delicious Dietitian Spice Blends are 100% natural, pure ground herbs from the finest selections. They contain no preservatives or fillers, no sugar or salt, and are blended to produce a vibrant, intense flavor. All of our spice blends are sodium and potassium free, which makes using The Delicious Dietitian Spice Blends very healthy and clean.

How do you use these spice blends?

The Delicious Dietitian Spice Blends can be used in almost any dish! Simply substitute one of our spice blends into any favorite recipe. The intense combination of flavors in each spice blend can replace hidden salt and sugar providing real flavor and real health. Any of our spice blends go great on chicken, turkey, fish, vegetables, rice and much more. Pair with any of The Delicious Dietitian Wine Vinegars for a perfect marinade or salad dressing.



PRODUCT FAQs

What is the difference between The Delicious Dietitian Wine Vinegars and distilled vinegars in the grocery store?

The Delicious Dietitian Wine Vinegars are small batch, boutique vinegars. You can't rush a good thing, so we take time and care with our wine vinegars. They are aged over several years for sweet flavor and made from fruits and vegetables picked at the peak of ripeness. Most commercially distilled vinegars are made from ethanol. Many are flavored syrup infused or contain concentrated fruit juice for different fruit flavors. The Delicious Dietitian Wine Vinegars are made from the fruit and vegetables and have no added sugars. We work with local farmers to maintain our quality and "farm to table" experience.

What are the health benefits of your vinegars?

Too many to count! Vinegar is an ancient food. There are many homeopathic benefits to using vinegar daily. Because our wine vinegars are made solely from local, vine ripe fruits and vegetables, the antioxidants are an added bonus to your meals. Adding flavor to meals without oil, sugar and salt saves your waistline and wallet for disease prevention. Our wine vinegars are free of calories, 100% natural, vegan, gluten-free and raw.

How do you use these vinegars in cooking?

Vinegars make excellent marinades and salad dressings, and can also be added at the end of cooking to contribute a splash of flavor to meats and vegetables. Keep in mind, vinegar is a natural acid that can produce tender and flavorful meats when used as a marinade.

Are they safe to use if I have heart disease, diabetes or kidney disease?

Absolutely! The Delicious Dietitian Wine Vinegars make excellent selections for anyone trying to limit salt, sugar, additives and preservatives found in many commercial marinades and salad dressings. Because the vinegars contain no sodium or preservatives, they are safe and healthy for people on a low salt or clean eating plan. Our wine vinegars contain no sugar so they are a great choice for patients with diabetes. There are many ways to incorporate these vinegars into cooking without adding tons of calories, salt and sugar or subtracting great flavor. Our vinegars are 100% natural, vegan and raw for incorporating incredible flavor to your daily diet.

Can The Delicious Dietitian teach me to use these products?

Of course! The Delicious Dietitian can teach you to incorporate our gourmet, healthy spice blends and wine vinegars into your daily cooking. Preparing healthy and tasty meals for you and your family is our mission. The Delicious Dietitian is committed to "Real Nutrition for Real People by adding Real Flavor."



“My doctor told me to cut the salt out of my diet. My blood pressure was getting higher. I found The Delicious Dietitian Spice Blends after seeing them on TV. I use them instead of my salt shaker. My blood pressure is lower and I don’t have the joint pain and stiffness in my hands. I love that I am taking control of my health. I am proud of me.” Sara G.

“I am scared of long recipes and not having the right ingredients. I work full time and don’t have a lot of opportunity to cook. These spices are quick and simple. I have them in reach daily for sandwiches, salads and microwaving vegetables. I love that they are healthy and fast.” James P.

“Being older and taking control of my health is what my wife and I do together. We enjoy cooking and trying new flavors. I grill with all of The Delicious Dietitian products and make my own healthy marinades.” Paul T.

“I love to drink vinegar every morning for my health. These vinegars have the qualities I look for pulp mother, high antioxidants and great flavor. Drink daily for health.” Johnny S.

“When I cook for my friends and family I always like to try different ways to bring out flavor naturally. These wine vinegars add that extra splash of unexpected flavor and dimension to my meals. Thanks for creating a natural product.” Susa U.

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BITS 'N' BITES

Quick cajun ▶

Saving time doesn't mean losing out on quality. Eden Food's Organic Cajun Rice & Beans is a quick and easy side to accompany any lean protein, and the name says it all: this Nawlins-favorite's ingredients are all, of course, organic (including family farm organic small red beans and Lundberg organic short-grain brown rice). The contents of these BPA-free cans (Eden pioneered BPA-free packaging) are low-fat, low-sodium, gluten-free and a great source of fiber. So throw on a little jazz tonight and spend some extra time enjoying your family (and your "fast" food). \$2, edenfoods.com



(No) Sugar and (ample) spice ▶

The simplest way to add fast flavor to a lean protein or punch up a side dish is with a killer spice blend, and we've got one for you. Well, actually six. Inspired by founder Jen Neese's grandmother, whose kidney issues limited her spice options, The Delicious Dietitian's blends come in a handful of piquant flavors. One to try: cinnamon and curry-infused Thai. Whether you're on a limited diet or just interested in a healthy lifestyle, the seasonings are salt-free, sugar-free and kosher – plus, they're devoid of fat and calories! \$9, thedeliciousdietitian.com



Your Foodie File

Haste may make waste, but sometimes it's important to have swift options when it comes to food! We've rounded up four items that are sure to shave minutes (or even hours) off prep time. BY JESSICA POLLACK

◀ Primordial pasta

As the first species of wheat dating back 12,000 years, einkorn is actually the purest form of the grain and far more nutritious than its whole-wheat counterparts. Because its source has never been hybridized, einkorn pasta boasts the highest quantities of nutrients – from the antioxidant lutein to protein, magnesium, B vitamins, fiber, calcium, potassium, iron and more. While it took millennia for us to rediscover this antioxidant-rich grain, it takes mere minutes to boil up a hearty and healthy meal for your family! \$3.50 per 12-oz box, jovialfoods.com



▶ Called to the bar

Eating regularly throughout the day is one of the most important tenets of a balanced, healthy, clean-eating lifestyle and Core Food Bars make doing so a breeze. The complete meal bars come in two varieties – "Warrior," for performance, and the vegan "Defender," for wellness – and many delicious flavors, such as Raw Cashew & Cacao. Don't be wary of the nutritional – remember, a little healthy fat and natural sugar help these babies keep you energized for hours. So, next time you think about skipping breakfast for lack of time, think again. You officially have no excuse! \$4.25 each (4 bars for \$17), corefoods.com

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June 24, 2011

Salt-Free Seasonings

By Anne Cain

I was recently introduced to a line of salt-free seasoning products from a company called [The Delicious Dietitian](#). The owner of the company, Jen Neese, and I share a common passion for showing people with conditions such as [diabetes](#), kidney disease or [heart disease](#) that eating well is not only possible, but easier than they think!

The prevailing myth is that when you're on a diet, everything has to taste bland and boring. The Delicious Dietitian's [seasoning blends](#) are one way to prove this myth wrong. I'll confess that I'm a fan of spice blends anyway, as I think it's the easiest way to add great flavor to food without having to use a whole long list of ingredients. All of these spice blends are sugar-free, [salt-free](#), calorie-free, [gluten-free](#), as well as being 100 percent Kosher and vegan. There are six flavor blends, but my favorites were the Creole, Southwest, and Italian. I made [Blackened Catfish](#) from *Cooking Light*, but replaced the salt and the seasonings called for in the recipe with the Creole seasoning and it was very tasty and had just enough spice for me. I think the Southwest seasoning would also be good on some beef for fajitas. The Southwest seasoning seemed to have the most "heat" of the three I tried, but it wasn't too much. (The other three blends available are Thai, a Seafood Spice blend and a Southern spice blend, and I'll try them next.)

The Delicious Dietitian also has a line of [flavored wine vinegars](#) (Blueberry, Apple, Red Muscadine, White Muscadine) that I'm real excited about. Jen works with local farmers in the Mobile area to get the produce for these vinegars and they are delicious! I'm on a [vinegar](#) kick these and love the bright and tangy flavor that vinegars add. You can cut down quite a bit on salt and sugar when you replace bottled salad dressings with a splash of olive oil and a flavored vinegar. Am loving my summer salads with some of Jen's blueberry wine vinegar!

The recently released [U.S. Dietary Guidelines](#) advise all of us to reduce the amount of sodium in our diets, and these seasoning blends and vinegars are certainly a convenient way to do that without compromising on flavor. You can order them [online](#) (and get some recipes) or find them at some locations of Whole Foods in the South.

Posted at 05:00 AM in [Herbs, Spices & Flavorings](#) | [Permalink](#)

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About the Blog

Whether it's a sampling of dark chocolate, the signature dish at a favorite dive, or last night's dinner recipe, we're compelled to share our delicious discoveries with fellow food lovers. Try our favorites, then tell us a few of your best food finds. Enjoy!

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