

Daily Dish

Condiments: What to Enjoy, What to Avoid

Condiments can add flavor and excitement to food, but be sure you dress your food for success! This means choosing condiments with no added sugars or unhealthy trans fats. Ketchup, for example, is loaded with sugar, as are some salsas and steak sauces. Always read labels carefully, and select only those products made with good fats, like extra-virgin olive oil or canola oil, and no added sugars. Consider this list of condiments to enjoy and avoid.

Enjoy:

- Mustard
- Horseradish and horseradish sauce
- Hot pepper sauce
- Lemon juice
- Lime juice
- Pesto
- Vinegars
- Sour cream (fat-free, reduced-fat, or light versions), limit to 2 tablespoons
- Cream cheese (fat-free, reduced-fat or light), limit to 2 tablespoons
- Sugar-free jams and jellies
- Sugar-free syrups

Enjoy the following condiments, but be sure to choose products made without added sugars. Check labels carefully!

- Miso, limit to 1/2 tablespoon
- Salsa
- Shoyu, limit to 1/2 tablespoon
- Soy sauce, limit to 1/2 tablespoon
- Steak sauce, limit to 1/2 tablespoon
- Taco sauce, limit to 1 tablespoon
- Tamari, limit to 1 tablespoon
- Mayonnaise (choose a regular full-fat variety and limit to 1 tablespoon or a low-fat variety and limit to 2 tablespoons)
- Worcestershire sauce (limit to 1 tablespoon)

Avoid:

- Barbecue sauce
- Ketchup
- Cocktail sauce
- Teriyaki sauce
- Honey mustard

- Regular jellies and jams
- Regular maple syrup