



Nutrition Education



Did You Know?

For some of us as we age our tastebuds can change and some foods may not taste as well as they use to? However, don't let that stop you from enjoying your favorite foods. Try using different herbs and spices (without adding salt) for more flavor packed food!

Sources:

Understanding Nutrition by Whitney and Rolfes, and Today's Dietitian

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Herbs and Spices

Herbs and spices not only add delicious flavor to our meals but offer numerous nutrition benefits. While we tend to use herbs and spices in small amounts, they sure pack powerful flavor profiles.

What are herbs and spices?

Herbs and spices come from plants and plant parts such as leaves, seeds, bark, roots and more.

Herb and Spices Health Benefits:

- Antioxidant Properties: can help protect cells from damage caused by free radicals
- Anti- Inflammatory: helps reduce inflammation in the body
- Aids in digestion and may reduce nausea

Popular Herbs and Spices: Turmeric, Cinnamon, Ginger, Garlic, Basil, Rosemary, Black pepper



Ways to Use Herbs and Spices:

- Sprinkle Cinnamon on your oatmeal or in your coffee
- Replace salt with herbs and spices to boost flavor
- Mix herbs and spices into butter or cream cheese for added flavor
- Make herb infused water such as adding mint to water
- Add dill, cilantro, or basil to salads, pastas or soups
- Roast vegetables with rosemary, pepper, thyme, or turmeric