



Nutrition Education



HOW MUCH SPICE DO YOU NEED?

A variety of spices provide an abundance of flavor while helping to cut back on sugar, fat, and salt in your cooking.

They are potent, so you will reap the benefits with very minimal amounts.

Simply add them regularly to your every day meal.

Information for this handout was obtained from:

www.health.harvard.edu/staying-healthy/can-everyday-spices-make-you-healthier
and
www.ncbi.nlm.nih.gov/pubmed/23768180

Provided by: Tara Marino, RD
Layout: Becky Bruno, SNP Manager
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Spices for Flavor and Health

Spices such as cinnamon, nutmeg, and ginger may remind us of the chilly fall and winter months, but they are great all year round. Not only for adding flavor to a dish but the many health benefits within those earthy scented spices.

Cinnamon — Can reduce blood sugar and cholesterol levels. Studies have shown it may slow the progression of neurodegenerative diseases such as Alzheimer's.



Ginger — Can add quite a bit of heat to your cooking and has potential to ease nausea and act as an anti-inflammatory agent.



Coriander — The seeds of the cilantro plant are coriander. It's shown to have anti-inflammatory, antibacterial, anti-allergic, and antioxidant properties.



Cumin — This powerfully flavorful ingredient acts as an antioxidant and an anti-inflammatory.



Turmeric — Can add a bright, golden color to roasted vegetables and soups acts as an anti-inflammatory.



Black Pepper — This is an antioxidant and anti-inflammatory. Combining turmeric and pepper increases their ability to fight inflammation and disease.

