



HERBS and SPICES GUIDE

OVERVIEW:

Herbs and spices can do more than flavor dishes—they can also add healthy antioxidants, vitamins, and minerals to your diet.

Use this chart to help you integrate these tasty seasonings into your everyday meals.

WHAT'S INCLUDED:

- **Herbs and Spices Guide**
An outline of the health benefits and suggested uses of ten common herbs and spices

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BASIL

Benefits: Use it to possibly improve heart, brain, and musculoskeletal health, fight fatigue, and make wounds heal faster.

How to use: Make an Asian stir-fry with Thai basil, or create a caprese salad with sweet basil, mozzarella cheese, tomatoes, and a balsamic-vinegar dressing.



BLACK PEPPER

Benefits: A dash of it to your meals might help your body better absorb important nutrients from your food.

How to use: Season steak, or make a sauce with shallots and cream or a dairy-free alternative.



CINNAMON

Benefits: This aromatic spice may ward off infections, colds, and the flu.

How to use: Stir it into coffee instead of sugar, or use it to season a pot roast.



CUMIN

Benefits: Cumin is abundant in iron and can aid digestion and metabolism.

How to use: Give extra flavor to a burrito, or make butter chicken.



OREGANO

Benefits: Besides reducing inflammation, this herb may help regulate blood sugar levels and fight against infection.

How to use: Toss on a pizza or over pasta, or add to pesto and salad dressings.



PAPRIKA

Benefits: Mix it into your meals to potentially soothe inflammation, reduce cancer risk, and lower cholesterol levels.

How to use: Flavor paella, or season chicken drumsticks.



PARSLEY

Benefits: Parsley may benefit bone and eye health and prevent the development of heart disease.

How to use: Add to boiled potatoes, or make a tangy chimichurri sauce.



ROSEMARY

Benefits: On top of a delicious scent, this herb and boasts antibacterial, antifungal, and antiviral properties.

How to use: Top roasted potatoes, or brew a rosemary tea.



SAGE

Benefits: Use it to possibly promote healthy blood cholesterol and sugar levels, boost brain and oral health, and ease menopausal symptoms.

How to use: Add to stuffing, or use to flavor sweet potatoes.



TURMERIC

Benefits: This spice may be able to ease illnesses and infections.

How to use: Sprinkle it on a lamb chop or a creamy parsnip soup.