

From the desk of Stephanie Boulay, RD



April Nutrition Newsletter

Need to Add a Little Spice (or Herbs) to Your Life?

Spices and herbs are a healthy alternative to salt and sugar and can add tons of flavor to your meals! Here are some tips on how to use them.



Reducing Sugar: Reduce sugar intake by using these sweet spices instead. Allspice, Cardamom, Cinnamon, Cloves, Ginger, Nutmeg.

Reducing Salt: To add savory flavors use black pepper, garlic powder, cumin, dill seeds, ginger, coriander and onion. Omit salt when cooking pasta and flavor with basil, oregano, parsley and pepper or use an Italian seasoning blend.

Other Tips: Ground spices and herbs release their flavor more quickly and may taste better in shorter-cooking recipes or added near the end of longer-cooking ones.

Source: University of Nebraska Lincoln <http://food.unl.edu>

Did you know...

Ginger has over 50 antioxidants and can help calm digestive problems and reduce inflammation.

“Spice a dish
with love and
it pleases every
palate.”

- Plautus