








simply healthy

from your Hannaford Dietitian

Spice Up Your Life

Herbs and spices not only enhance food flavor but can help you reduce the use of salt, sugar, and fat. Some studies have suggested that certain herbs and spices point to significant health benefits. It's easy to incorporate McCormick® Super Spices into your meal. Here are some great tips to get you started:

Herbs come from the leafy and green part of the plant.

HERB	HEALTH BENEFITS	COOKING TIPS
 <p data-bbox="272 787 329 816">Basil</p>	<p data-bbox="501 787 875 879">Rich in vitamin A and K, studies show wound-healing and antibacterial properties.</p>	<p data-bbox="1053 787 1403 848">Great for flavoring tomatoes, salads, eggs, pesto or sauces.</p>
 <p data-bbox="272 1041 412 1071">Peppermint</p>	<p data-bbox="501 1041 907 1163">May help with irritable bowel syndrome (IBS); has antimicrobial, antiviral, and antioxidant activity and antitumor actions.</p>	<p data-bbox="1053 1041 1406 1134">Adds flavor to lamb, fruit, ice cream and other desserts, teas, and punches.</p>
 <p data-bbox="272 1266 375 1295">Oregano</p>	<p data-bbox="501 1266 956 1358">Very high antioxidant activity; presents antimicrobial activity against certain pathogens.</p>	<p data-bbox="1053 1266 1427 1327">Use in stuffing, salads, or as a rub on roasts or tomato dishes.</p>
 <p data-bbox="272 1486 358 1516">Parsley</p>	<p data-bbox="501 1486 919 1516">Used as a natural breath freshener.</p>	<p data-bbox="1053 1486 1516 1608">Use as a flavor enhancer or a garnish. Can be sprinkled on egg dishes, salads, soups or potatoes or added to mayonnaise and other sauces.</p>
 <p data-bbox="272 1677 354 1707">Thyme</p>	<p data-bbox="501 1677 984 1799">Contains thymol, the oil used in many cough drops and mouthwashes for its potent antibacterial properties; also acts as an antifungal agent.</p>	<p data-bbox="1053 1677 1528 1799">Great addition to Italian dishes but also works well with steaks, sauces, soups, marinades, stuffing, chicken, fish and vegetables.</p>



Interested in learning more? Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian



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SPICE

HEALTH BENEFITS

COOKING TIPS



Cinnamon

Studies suggest hypoglycemic properties; approved in Germany for loss of appetite, indigestion, bloating and gas.

Try in sweet dishes but also add to savory dishes like stews and curries.



Ginger

Can help reduce nausea; possible roles in cancer prevention and as pain aid.

Use in Asian dishes or even desserts and soft drinks.



Chili

Contains capsaicin (which puts the heat in chilies) which lowered blood pressure in lab animals in a recent study and is an active compound in pain ointments for neuropathy, arthritis, and muscle strain.

Flavor hot and spicy dishes.



Clove

Contains eugenol, an effective local anesthetic often used in topical treatments for dental pain.

Use to create savory meat rubs, sauces, curries, chutneys or even sweet fruit dishes.



Mustard Seed

Mustard oil may offer protection against heart disease and type 2 diabetes.

Use in pickles and pastes.



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