








Healthy Living at Hannaford

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
 Basil	Rich in vitamin A and K, studies show wound-healing and antibacterial properties.	Great for flavoring tomatoes, salads, eggs, pesto or sauces.
 Peppermint	May help with irritable bowel syndrome (IBS); has antimicrobial, antiviral, and antioxidant activity and antitumor actions.	Adds flavor to lamb, fruit, ice cream and other desserts, teas, and punches.
 Oregano	Very high antioxidant activity; presents antimicrobial activity against certain pathogens.	Use in stuffing, salads, or as a rub on roasts or tomato dishes.
 Parsley	Used as a natural breath freshener.	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.
 Thyme	Contains thymol, the oil used in many cough drops and mouthwashes for its potent antibacterial properties; also acts as an antifungal agent.	Great addition to Italian dishes but also works well with steaks, sauces, soups, marinades, stuffing, chicken, fish and vegetables.



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.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](mailto:asknutritionist@hannaford.com).








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Spices come from other parts of the plant, such as root, stem, seeds, bulb or bark.

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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