








SUGAR and SPICE and EVERYTHING NICE

Stock your pantry with these various spices sure to get you in the holiday mood!

Not only do herbs and spices help to enhance the flavors of foods without the added sugar and sodium, they also confer numerous health benefits.

(*note: all the recipes under the “Try it in a Recipe” column can be found in the Fresh Steps Meal System Cookbook, and can also be accessed via the HealthTrac app)

Herb/Spice	Fun Fact	Health Benefits	Try it in a Recipe
 <p>Allspice</p>	<p>Contrary to its name, allspice is actually just one spice: the dried berry of the Jamaican pimento tree, although its warm and fragrant aroma is similar to cinnamon, cloves and nutmeg.</p>	<ul style="list-style-type: none"> ✓ Eugenol, an antioxidant compound found in abundance, composes majority of the essential oil extracted from allspice berries. ✓ Allspice has been used in folk medicine to treat colds and menstrual cramps. 	<ul style="list-style-type: none"> ✓ Radiant Beet Soup ✓ Turkey Stuffed Squash
 <p>Cinnamon</p>	<p>Most familiar and widely used spice during the holidays, proudly known as the “champion” spice.</p>	<ul style="list-style-type: none"> ✓ Cinnamon is thought to offer a wide range of benefits for its antioxidant, anti-inflammatory, antimicrobial and antiseptic properties; also, helpful in alleviating indigestion and nausea. ✓ Mostly studied for its antidiabetic benefits for those with diabetes. One theory is that it acts like insulin to help control blood sugar levels. 	<ul style="list-style-type: none"> ✓ Oatmeal Cookie Smoothie ✓ Blueberry Blast Smoothie ✓ Overnight Oats
 <p>Nutmeg</p>	<p>Another familiar and widely used spice during the holidays, nutmeg is found whole or ground. Contrary to its name, it’s a seed, not a nut.</p>	<ul style="list-style-type: none"> ✓ Confers therapeutic benefits given its strong antioxidant and antimicrobial activity. ✓ Contains beta-carotene and beta-cryptoxanthin, phytonutrients that have been shown to enhance blood circulation to the brain and enhance sleep. 	<ul style="list-style-type: none"> ✓ Cod with Sweet Potato Hash
 <p>Ginger</p>	<p>The edible portion sold in markets is inaccurately referred to as “ginger root” – it is actually the stem or rhizome that is consumed.</p>	<ul style="list-style-type: none"> ✓ Best known to treat nausea, morning sickness and indigestion. ✓ Various compounds in ginger, like gingerols, shogaols and paradols, are responsible for its anti-inflammatory, antimicrobial and anti-nausea properties. 	<ul style="list-style-type: none"> ✓ Pumpkin & Carrot Soup ✓ Asian Stir Fry Pasta
 <p>Rosemary</p>	<p>This woody herb is native to the Mediterranean region and has a warm and bitter taste; a wonderful addition to soups, stews and roasts.</p>	<ul style="list-style-type: none"> ✓ Festive herb that confers many health benefits, namely rejuvenating hair and skin, reducing headaches, and aiding with indigestion ✓ Contains two antioxidants (carnosic acid and carnosol) that may help prevent certain cancers. 	<ul style="list-style-type: none"> ✓ Sausage & Potato Soup ✓ Sirloin Steak Lettuce Wraps
 <p>Sage</p>	<p>Member of the mint family; possesses an earthy aroma.</p>	<ul style="list-style-type: none"> ✓ Sage leaves have been used to treat digestion and circulation problems. Also found to help improve cognition and learning in those with Alzheimer’s disease. 	<ul style="list-style-type: none"> ✓ Chicken & Orzo Soup
 <p>Thyme</p>	<p>Also a member of the mint family.</p>	<ul style="list-style-type: none"> ✓ Possess antimicrobial properties to help treat infections, namely respiratory illnesses (i.e. bronchitis) by soothing muscle spasms. 	<ul style="list-style-type: none"> ✓ Peas & Eggs ✓ California Chicken Pasta