

Herbs, Spice and Everything Nice



“Pass the Salt” ... Think Again!

Excess sodium consumption increases blood pressure, but did you know high blood pressure is attributable to half or more of all strokes and heart attacks?

How much salt?

Recommended Dietary Allowance (RDA) is **1,500mg sodium per day**.
Note: salt = sodium x 2.5

1 tsp = about 6 g salt
6 g salt = 2400mg sodium

Use nutrition labels to help reduce your salt intake:

- **High** = more than 1.5g salt per 100g (or 0.6g sodium)
- **Low** = 0.3g salt or less per 100g (or 0.1g sodium)

Savour the Flavour, Reap the Rewards

Following the recommended amount does not mean sacrificing flavour! Liberally seasoning your food with **herbs and spices** expands your palette without extra calories, providing an appealing alternative to salt.

According to Dr. Heber, director of UCLA Center for Human Nutrition, “studies show that many different herbs and spices offer health benefits.” Most of the evidence exists for:

- **Cinnamon**: improves blood glucose and cholesterol in people with Type II Diabetes.
- **Chili Peppers**: contains Capsaicin which fights inflammation.
- **Garlic**: blood cell protection from inflammatory and oxidative stress. Also lowers blood triglycerides and cholesterol.
- **Oregano**: potent antioxidant and good source of fiber.
- **Basil**: protects cardiovascular health through Vitamin A, Magnesium, Calcium, Iron, Vitamin C, and Potassium.
- **Ginger**: antioxidant, anti-inflammatory effects, reduces nausea and vomiting during pregnancy.



Studies suggest ...

- An intake of between half and one garlic clove per day can **reduce cholesterol by 9%**.
- Various doses of ginger extract, ranging from 510 mg to 1 g per day, **reduce subjective arthritic knee pain** compared with placebo.
- More evidence is required to determine any cardiovascular health effects attributable to herb and spice antioxidants in humans.

Resources: <http://www.hc-sc.gc.ca/>, <http://www.acponline.org/>, <http://www.webmd.com/>, <http://www.mja.com.au/>