

# SENIOR NUTRITION NEWS



August 2018

Volunteers of America®

COLORADO BRANCH

## Spices and Herbs



Herbs and spices not only make food tastier, but they can help you stay healthy. Try to cook with herbs and spices regularly, and use several at a time. Herbs are parts of a plant (such as garlic), while spices are usually made from the seeds, berries, bark, or roots of a plant (such as cinnamon). Both are great to flavor food. Research shows herbs and spices are full of healthy compounds, and may help prevent illness and disease. Most herbs and spices fight inflammation, and reduce damage to your body's cells. Because they are packed with a lot of flavor, adding herbs and spices can also help cut back on unhealthy ingredients like salt, sugar, and added fat .

### Best Herbs for Your Health

When cooking with herbs and spices, try adding a pinch at a time to figure out which ingredients and flavor combinations you like. Even small amounts can offer benefits. Here are a few herbs that you can add to your next meal:

**Garlic**- has a powerful compound called allicin. Studies have shown that it may lower your chances of getting heart disease, and it may help stop the growth of cancer cells. Eating garlic regularly may help with high cholesterol, and high blood pressure. To reap the benefits, you must chop or crush the clove. Allicin is formed only after the cells in the garlic have been cut or crushed.

**Rosemary**- a fragrant herb, that has antioxidants that prevent cell damage. Sniffing it can be good for you. A study found that people who sniffed rosemary performed better on memory tests and mental tasks, compared to those who didn't.

**Ginger**- has a calming effect on the lining of your digestive system and can ease nausea. Ginger also has anti-inflammatory, and antioxidant properties.

**Turmeric**- is a yellow spice. Turmeric is a good source of curcumin which may help ease pain, and lower the chances of heart attacks. Research shows that eating small amounts of turmeric can help prevent the brain plaques that lead to dementia. Therefore, it may help prevent or slow down Alzheimer's disease.

<https://www.webmd.com/healthy-aging/over-50-nutrition-17/spices-and-herbs-health-benefits>

*For nutrition questions or to request a nutritional analysis of the meals call our*

*Registered Dietitian Kelsey at 303-294-0111 ext. 13124*

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# TRIVIA

**July Question:** These famous individuals were known as a comedy duo?

**July's Answer:** D. Stan Laurel and Oliver Hardy  
(Winners to be determined )

**June's Winners::** Kathleen Humphreys,  
Dorothy Beattie, Ralph Dowling

**June's Question:** To be a President of the  
United States of America a person must be  
natural-born in the U.S., lived in the U.S. for  
at least 14 years be at least how old?

**June's Answer:** A. 35 years old

**This Months Question:** True or False

It is the **female** mosquito (not the male,) that is  
responsible for those pesky bites.

**Mail Answers by July 21st to**

Volunteers of America Meals on Wheels  
2660 Larimer St., Denver, CO 80205  
Please include your name and phone number

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