

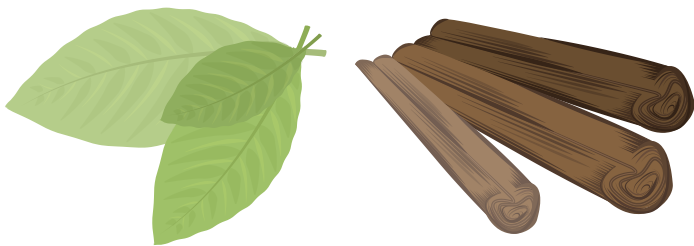
SPICE IT UP!

— ADDING NUTRITION IN A FLAVORFUL WAY —

dining@nmu.edu | www.nmu.edu/dining | facebook.com/nmudining

SPICE BASICS

Spices come from the bark (cinnamon), root (ginger, onion, garlic), buds (cloves, saffron), seeds (yellow mustard, poppy, sesame), berry (black pepper), or the fruit (allspice, paprika) of tropical plants and trees. Spices can help retain flavor in your foods, allowing you to cut back on dietary fat, sugar and sodium.



WHY ADD MORE SPICE?

Spices are very high in antioxidants, which are plant nutrients that protect the body from cancer, heart disease, and Alzheimer's disease. Antioxidants work by acting as an anti-inflammatory and helping the body get rid of harmful chemicals caused by various stressors. There is not a daily spice requirement. Variety is more important than quantity. Spices are the most flavorful way of adding nutrition to your diet. A little bit goes a long way! Try adding small amounts of different spices to your typical meals. Use spices to add flavor rather than salt this helps control sodium intake.

JOIN US FOR A SPICE IT UP PRESENTATION!

@ THE LRC, NOV. 13th @ Lunch

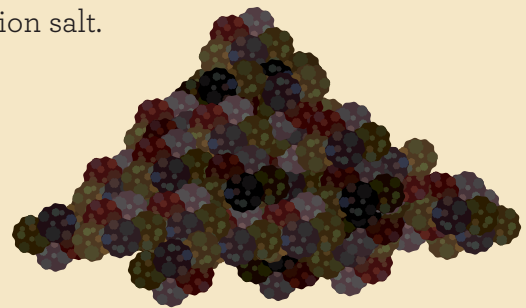
@ THE DEN, NOV. 14th @ Lunch

TIPS FOR REDUCING SUGAR

Reduce sugar by adding sweet-tasting spices such as allspice, cardamom, cinnamon, cloves, ginger or nutmeg.

TIPS FOR REDUCING SALT

Reduce salt by adding a few spices such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, and onion. Omit the salt when adding basil, oregano, parsley and pepper to pasta. Use powdered garlic and onion rather than garlic salt or onion salt.



HOW LONG SHOULD I KEEP SPICES?

As a general rule of thumb, one year for herbs or ground spices two years for whole spices. Check an herb or ground spice by rubbing a small amount in your hand. If the aroma is fresh and immediate, it can still flavor foods. Check a whole spice (clove or cinnamon stick) by breaking or crushing it before smelling it.



Northern Michigan University
DINING