

The World's Healthiest Herbs and Spices

Basil

Fresh basil is a good source of vitamin A. It's also a good source of magnesium, iron, potassium, calcium and vitamin C. Basil has anti-inflammatory effects and promotes cardiovascular health. Basil leaves are tastiest and healthiest when fresh.



Black Pepper

Black pepper has antioxidant and antibacterial properties and improves digestion, helps prevent intestinal gas, is diaphoretic (promotes sweating), and diuretic. The outer layer of peppercorns also stimulates the breakdown of fat cells. Black pepper had good amounts of manganese, vitamin K, iron and dietary fiber.



Cayenne Pepper

An excellent source of vitamin A, Cayenne pepper and Tabasco sauce can increase metabolism and fat-burning ability by up to 25%! It also contains capsaicin, whose anti-inflammatory and antioxidant effects may lower the risk of cancer, has pain-reducing effects and can help prevent ulcers.



Chili Pepper

Red chili peppers are a good source of vitamin A, dietary fiber, vitamin C, potassium and iron. Just like cayenne pepper, chili peppers contain capsaicin. Red chili peppers can be found dried and ground or fresh and finely chopped. It has a fiery, hot flavor so use sparingly.



Cinnamon

Cinnamon is an excellent source of manganese and also has dietary fiber, iron, and calcium. Cinnamon is often used as an antidote for diarrhea and stomach upset as well as a metabolism booster. The essential oils in cinnamon bark have anti-clotting, anti-microbial, and blood sugar controlling properties.



Cloves

Cloves are dense with nutrients, known for having an extremely high amount of manganese and a good source of omega-3 fatty acids, vitamin K, dietary fiber, vitamin C, magnesium and calcium. It also has mild anesthetic, anti-bacterial properties. Add to sweet dishes or as a contrast in stews and curries.



Coriander/Cilantro

Coriander is known for being anti-diabetic, anti-inflammatory and cholesterol lowering. Coriander is a good source of dietary fiber, manganese, iron and magnesium. The leaves of the plant, known as Cilantro, may have anti-microbial and anti-bacterial properties.



Cumin

Cumin has iron and manganese and promotes healthy immune functions, good digestion and may help prevent some forms of cancer. You can find cumin both ground and whole. Ground cumin is a tasty spice that easily blends well with many Middle Eastern, Latin American and Spanish dishes. It's also great in soups and stews.



Dill

Dill has iron, manganese and calcium. It may help protect against free-radical damage and has anti-bacterial properties. You can find dill fresh, you can also get dill seeds and ground dill. Dill is a great addition to dips, soups, salads and sauces.



Fennel

Fennel bulb is considered a vegetable, but the leaves can be used as an herb. Raw fennel is a good source of vitamin C, dietary fiber, potassium, manganese, folate, phosphorus, calcium, magnesium, iron, copper and vitamin B3. Its an antioxidant and has anti-inflammatory properties. It may also help prevent cancer.



Garlic

Regular consumption of garlic can decrease blood pressure and cholesterol levels. It also aids in digestion. Recent research shows garlic to be beneficial in the treatment of diabetes. It also destroys cancer cells and may disrupt the metabolism of tumor cells.



Ginger

Ginger is a root and has potassium, magnesium, copper, manganese and vitamin B6. Ginger speeds metabolic rate, plus it inhibits nausea and vomiting often caused by morning sickness or motion sickness. Ginger can also hinder blood clotting.



Mustard

Mustard seeds are a stimulant that can be used to relieve respiratory complaints and has shown anti-inflammatory and anti-cancer properties. Mustard seeds have selenium, omega-3 fatty acids, phosphorus, manganese, magnesium, dietary fiber, iron, calcium, protein, vitamin B3, and zinc.



Oregano

A USDA study found that, gram for gram, oregano has the highest antioxidant activity of 27 fresh culinary herbs. Oregano is one of the best bacteria killers. Oregano has vitamin K, manganese, iron, dietary fiber, omega-3 fatty acids, calcium, vitamin A, and vitamin C.



Peppermint

Peppermint is used to treat gastric and digestive disorders as well as tension and insomnia, and has anti-microbial properties.



Rosemary

Rosemary may stop gene mutations leading to cancer and may help prevent damage to the blood vessels that raise heart attack risk. Rosemary also contains substances that are useful for increasing circulation and improving digestion.



Sage

Sage is an outstanding memory enhancer. It also has antioxidant and anti-inflammatory properties. Sage has dietary fiber, vitamin A, calcium and iron! It's a great addition to stuffings and warmer dishes.



Thyme

Thyme is an excellent source of vitamin K. It also has good amounts of iron, manganese, calcium and dietary fiber. It's a wonderful antioxidant and it's also been shown to have anti-microbial properties.



Turmeric

Turmeric is an antioxidant that neutralizes free radicals and therefor protects against cancer. The compounds in turmeric have demonstrated antioxidant, anti-inflammatory and cholesterol –lowering properties.

