Q: Do herbs and spices have nutritional value?
A: Yes! Herbs not only provide flavor for your food, but also offer significant health benefits. Herbs are used to enhance the flavor of foods while replacing unhealthy ingredients normally used to flavor foods, such as salt, sugar, or fat. The use of herbs can help reduce your sodium intake and help reduce fat consumption. Herbs are low in calories and packed with vitamins and minerals, such as calcium, iron, Vitamins A, C, E, B, and folate.

Fresh vs. dried herbs:
While both fresh and dried herbs offer health benefits, the major difference is the taste and potency of the herb. Fresh herbs naturally provide more antioxidants, nutrients, and flavor than dried herbs. Both fresh and dried herbs have anti-inflammatory effects, which can protect your heart and reduce symptoms of diabetes.

Innovative use of herbs:
Herbs are commonly used in cooking, but rarely used in a smoothie. Be sure to check out the recipe for a healthy and refreshing way to use herbs in a beverage. This smoothie is packed with antioxidants and nutrients because it contains spinach, mango, mint, and lime. It is also a perfect way to sneak in a vegetable at breakfast!

Source:

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