

# Healthy Spices

## Spices with Benefits



SPICE	BENEFIT	CULINARY USE
Basil	Rich in antioxidants, anti-inflammatory	Perfect for Italian sauces, salads, soups.
Black Pepper	Improves digestion, boosts nutrient absorption (esp. turmeric).	Use in soups, rubs, roasted veggies
Cayenne Pepper	Boosts metabolism, improves circulation.	Sprinkle into chili, eggs, spice blends.
Chili Powder	Aids in pain relief, boosts metabolism.	Use in chili, tacos, and spicy rubs.
Cinnamon	Helps regulate blood sugar, anti-inflammatory.	Great in oatmeal, smoothies, and baked goods.
Cumin	Aids digestion, supports blood sugar balance.	Adds earthy warmth to stews, beans, rice.

# Healthy Spice Swaps



## Spices with Benefits

SPICE	BENEFIT	CULINARY USE
Garlic	Supports heart health, has antibacterial effects.	Mix into marinades, roasted dishes, sauces.
Onion Powder	Anti-inflammatory, antioxidant-rich.	Use in dry rubs, dressings, savory baking.
Oregano	Antiviral, supports immune system.	Ideal in tomato dishes, Mediterranean recipes.
Thyme	Antimicrobial, helps ease coughs and sore throats.	Use in roasted meats, soups, and casseroles.

# Healthy Spice Swaps



Replace this...	With this...	Why It Helps
BBQ Sauce	Chimichuri Sauce	Control Sugar, Salt and Fats
BBQ Sauce	Tomato Paste + Vinegar + Spices	No Added Sugars
Bouillon Cubes	Salt-free Seasoning + Thyme	Avoids Blood Pressure Spikes
Commercial Dips	Homemade Hummus Or Sour Cream Based Dips	Rich In Fiber, Protein, and Healthy Fats, With Minimal Added Sugar.
Commercial or Made from Mix Guacamole	Homemade Guacamole	Fresh Ingredients, No Chemicals
Commercial Bottled Marinades	Dry Spice Rubs, Seasoned Plain Greek Yogurt, Hot Sauces And Fresh Salsas	Can Be Tenderizing, And Adds Flavor Without Salt Or Sugar
Commercial Creamy Salad Dressings	Homemade Vinaigrettes	Lower In Sugar And Carbs

“Health begins in the spice rack.” - Food and Filament

# Healthy Spice Swaps



Replace this ...	With this ...	Why it Helps
Salt Heavy Blends	Garlic Powder + Herbs	Lowers Sodium Intake
Sugar	Monk Fruit, Monk Fruit Extract, Or Natural Sweeteners Like Agave Or Maple Syrup	Natural, Zero-Calorie, Sweetness Without Impacting Blood Sugar Levels.
Sugar in Rubs	Smoked Paprika + Cinnamon	Flavor Depth Without Sugar
Soy Sauce	Coconut Aminos Or Tamari	Lower Glycemic Index

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# Pantry Spice List

THIS LIST WILL AID YOU IN YOUR HEALTHY COOKING DECISIONS.

## SPICES

Black Pepper	Paprika (sweet)
Cumin Seed	Ginger
Onion Powder	Tumeric
Garlic Powder	Bay Leaf
Cayenne Pepper	Nutmeg
Red Pepper Flakes	Sage
Thyme	Cloves
Basil	
Oregano	
Cinnamon	
Chili Powder	
Cilantro	
Parsey (Ital)	
Paprika (smoked)	