

Healthy Eating - Herbs and Spices

This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.


Herbs and spices can be added to your food to provide extra flavour in place of using salt.

For example:

Basil	In stews, casseroles and on tomatoes
Bayleaf	Add to fish, chicken, red meat dishes, potatoes and rice
Cayenne Pepper	Add to fish, stews and curries
Chilli	In stews, lamb and beef
Chives/Spring onions	Chop and add to potatoes, salad, omelettes and rice
Cloves	Use with boiled onions and white sauce
Coriander	Use in meat, chicken and vegetable dishes
Curry powder	Use in meat, chicken and vegetable dishes
Dill	Add to fish, chicken, stews and potatoes
Fennel	Add to fish
Garlic cloves	Crush and use in any meat dish or salad. Add to polyunsaturated margarine for garlic bread
Ginger	With pork, lamb or beef
Horseradish	With beef
Lemon juice	Add to fish or chicken dishes
Mint	Boil with potatoes and vegetables
Mint sauce or jelly	With lamb



Healthy Eating - Herbs and Spices

Mixed herbs	In stuffing, omelettes and pasta dishes	
Mustard	With beef – rub surface of beef with dry mustard before cooking. Add a pinch to flavour white sauce or to oil and vinegar salad dressing	
Nutmeg	Grate over vegetables, particularly mashed potato, cabbage and cauliflower. Use in rice dishes and in bread sauce	
Oregano	Use in meat dishes and on tomatoes	
Parsley	Use as a garnish or in sauces or fish dishes	
Paprika	Use as a garnish or in chicken, beef, cheese, egg or rice dishes	
Pepper (White/Black) or Peppercorns	Add to any savoury dish or freshly ground on vegetables or salad	
Rosemary	Add to roasting lamb or white cabbage	
Sage	In stews or as a stuffing with pork or chicken	
Tarragon	In egg dishes, chicken and fish	
Thyme	In stews and casseroles	
Turmeric	Use in curry and rice dishes	
Vinegar	Try with hard boiled eggs or in a salad dressing	
Salad dressings	For example, vinegar with olive oil, and mustard; a little plain yogurt with mint sauce; olive oil and garlic	
Herb vinegars	Put some herbs (for examples mixed herbs, rosemary, tarragon or thyme) into a small jar with wine vinegar. Use on its own or mixed with oil, to eat with any savoury dish or tossed onto hot vegetables or salad	