

## 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:**

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



## Healthy Eating - Herbs and Spices

<b>Mixed herbs</b>	In stuffing, omelettes and pasta dishes	
<b>Mustard</b>	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	
<b>Nutmeg</b>	Grate over vegetables, particularly mashed potato, cabbage and cauliflower. Use in rice dishes and in bread sauce	
<b>Oregano</b>	Use in meat dishes and on tomatoes	
<b>Parsley</b>	Use as a garnish or in sauces or fish dishes	
<b>Paprika</b>	Use as a garnish or in chicken, beef, cheese, egg or rice dishes	
<b>Pepper (White/Black) or Peppercorns</b>	Add to any savoury dish or freshly ground on vegetables or salad	
<b>Rosemary</b>	Add to roasting lamb or white cabbage	
<b>Sage</b>	In stews or as a stuffing with pork or chicken	
<b>Tarragon</b>	In egg dishes, chicken and fish	
<b>Thyme</b>	In stews and casseroles	
<b>Turmeric</b>	Use in curry and rice dishes	
<b>Vinegar</b>	Try with hard boiled eggs or in a salad dressing	
<b>Salad dressings</b>	For example, vinegar with olive oil, and mustard; a little plain yogurt with mint sauce; olive oil and garlic	
<b>Herb vinegars</b>	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	