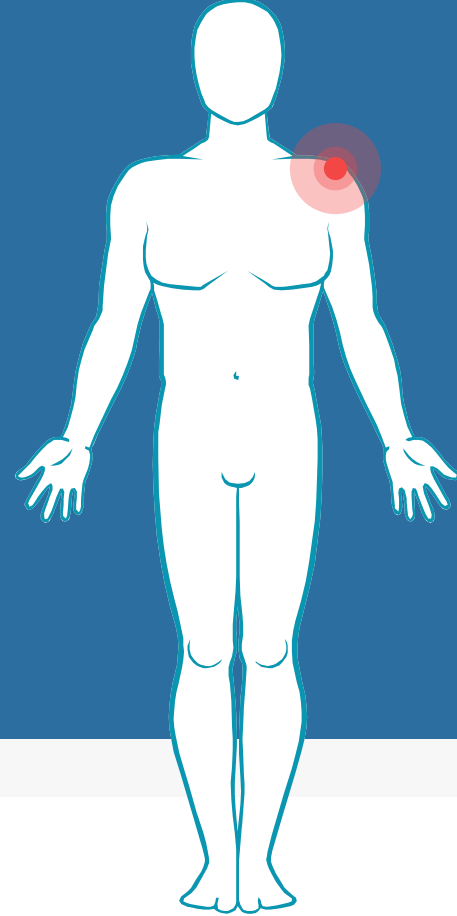


On-Call

Digital Resources

Seasoning in diet and
nutrition



Seasoning in diet and nutrition

- Advantages of seasoning your food:
 - Multiplied nutritional value of the dish
 - Improved taste
 - Intaking numerous different vitamins, minerals, antioxidants at the same time

Seasoning in diet and nutrition

- Eating different kind of herbs and spices can help you with:
 - Not getting additional weight
 - Avoiding many health problems.
 - Preventing many diseases

What spices to eat when you are sick



- Garlic - improves immune system and may ease head congestion
- Ginger - fights viral infections
- Horseradish - can open up a stuffy head
- Cinnamon - helps to avoid or cure common cold.

What spices to eat to stay in good health



- Mediterranean spices (especially oregano), ginger, turmeric and cinnamon are rich in antioxidants which help to prevent mental diseases and cancer.

What spices to eat if we overate

- Hot peppers – boost metabolism
- Ginger – improves metabolism
- Cinnamon- reduces effect of eating fats



What spices to eat if we want to loose weight

There are spices and herbs, which can help you to burn fat and to control your appetite:

- ▶ Turmeric
- ▶ Cinnamon
- ▶ Cayenne pepper
- ▶ Cumin
- ▶ Ginger
- ▶ Rosemary
- ▶ Cardamom.





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