

SEASONING IN DIET AND NUTRITION

Use more than one spice at time

Using few spices and herbs at the time will make your dish even richer in nutritional value and more beneficial for your health.



Avoid seasoning with too much salt or sugar

There are so many seasonings which are way healthier than salt and sugar and can make your dish as tasty as they could have.



Use spices in moderation

It is always better to use a pinch of few different spices, than few pinches of one.



Don't supplement

The studies have shown that simply adding spices and herbs is way more beneficial for your health than supplementing them in form of the capsules.

