

# Nutrition Connection

The latest news and events from the [Kendall Anderson Nutrition Center](#) at Colorado State University

## The Season of Spices

The holidays are a time for merry-making and sharing flavorful meals with family and friends! Include a variety of spices to kick up your favorite hot seasonal drinks, add an interesting dimension to typical holiday dishes, and jazz up your holiday desserts.

## Spice it Up for Health

Spices do more than boost flavor; they also provide health benefits from antioxidants without adding extra calories or salt. Antioxidants can improve health by preventing or delaying cell damage and reducing inflammation, and these benefits may help in the prevention of several chronic diseases. Antioxidants in whole foods like spices are more beneficial than those taken in supplement form.

Both sweet and savory herbs and spices are high in antioxidants; use a variety for the most benefit!

- **Savory:** black pepper, garlic, oregano, rosemary, sage, basil, thyme, chili powder, cayenne powder, and turmeric (which is part of curry powder)
- **Sweet:** allspice, cinnamon, cloves, ginger, and nutmeg



Studies show many different herbs and spices offer health benefits, while others are not entirely supported by science but still taste great. Some popular dietary uses follow. Be sure to discuss with your physician, as some may interact with medications.

- Heart health - garlic
- Antimicrobial, antibacterial - garlic, cloves, cinnamon, thyme, allspice, rosemary
- Relieves indigestion - cinnamon, peppermint
- Stimulates circulation, digestion, and metabolism - cayenne, chili peppers
- Mental performance - sage
- Immune support - thyme, chamomile
- Anti-inflammatory - turmeric / curcumin, ginger
- Nausea and motion sickness - ginger, cinnamon
- Insomnia - nutmeg

For timely scientific findings on herbs, spices and botanicals, visit <https://nccih.nih.gov/> and <http://my.clevelandclinic.org/>

## Save on Spices

Buying from the bulk spice section is a great way to save money when purchasing spices because bulk spices usually cost less per ounce. This also allows you to buy an exact amount of a less frequently-used spice for a recipe instead of the whole bottle.

*Note: If you have allergies or celiac disease, do not purchase bulk items as they may have been cross-contaminated.*

### You can also save on herbs and spices by maximizing their storage life:

- Store dried spices in an airtight container in a cool, dark place away from the stove.
- Dried spices stay safe to eat when stored, but do lose flavor over time. For the best flavor, use ground dried spices within 1 year and whole dried spices within 2 years.
- Store fresh herbs in the refrigerator with their stems in water.
- Freeze fresh herbs by chopping and placing in an ice cube tray, then covering with water or by blending into a paste with olive oil before freezing.



## Cooking with Spices

- Choose dried or fresh spices or herbs based on how you intend to use them, how quickly you will use them, and if you want to store them.
- If a recipe calls for fresh herbs, you can substitute them for dried using this conversion:  
**1 tablespoon of fresh = 1 teaspoon of dried**
- Replace salt with herbs and spices to flavor meats, fish, vegetables, salads, and soups!

## Spice Up Your Activity

It might be cold outside, but that's no reason to skip your regular physical activities. Including regular physical activity is especially helpful during the holiday season to balance out the wonderful holiday treats that seem to be around every corner. To prevent the winter blah's, make it a goal to try one new activity every week. Meet a friend at the mall to walk in a warm, dry place, or try out a new fitness class at your local rec center. Often, a gym will let you try out the first class for free. So, lace up those sneakers, try a new move, and beat the cabin fever!

## Spicy Holiday Gifts!

It's easy to turn spices into healthy, homemade, affordable gifts for friends and family.

- \* Measure a spice combination below into a bowl, and stir until the ingredients are well-combined. Pour into a glass spice bottle, and label with a gift tag and colorful ribbon or twine.

### Popcorn Spice Blends

#### Herb Seasoning

- 1 tablespoon celery seed
- 1 tablespoon garlic powder
- 1 tablespoon dried parsley
- 1 tablespoon onion powder
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon turmeric
- 1/4 teaspoon ground sage

#### Indian Spice Seasoning

- 1 tablespoon curry powder
- 1 tablespoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon turmeric
- 1/8 teaspoon cayenne

Add a decorative bag filled with popcorn for the perfect snacking gift!



### Baking Spice Mixes

#### Pumpkin Pie Spice

- 1/4 cup ground cinnamon
- 2 tablespoon ground ginger
- 2 teaspoon ground cloves
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cardamom (optional)

#### Apple Pie Spice

- 1/4 cup ground cinnamon
- 1 tablespoon ground allspice
- 2 teaspoon ground nutmeg
- 2 teaspoon ground ginger
- 1/2 teaspoon ground cardamom (optional)

Add cinnamon sticks, a pie crust recipe, serving spoon, or baking dish for a sweet gift!



### Spiced Drink Blends

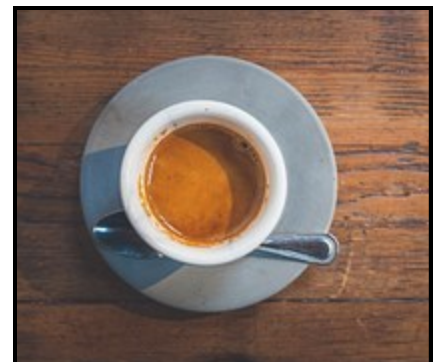
#### Mulling Spice

- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon dried ground orange peel
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg

#### Chai Spice

- 2 teaspoon cinnamon
- 2 teaspoon ground cardamom
- 2 teaspoon ground cloves
- 1 teaspoon coriander
- 1 teaspoon ground ginger
- 1 teaspoon white pepper
- 1/8 teaspoon salt

Add apple cider to the mulling spice and black tea to the chai spice for a warming gift!



## Get Healthy with KANC in 2016!

### TELECOACHING

Did you know you can talk with one of our registered dietitians by telephone, Facetime or Skype? Get the nutrition coaching you need without leaving the comfort of your home or office! Visit us at <http://www.nutritioncenter.colostate.edu/programs-services/nutrition-counseling.aspx> or call (970) 491-8615 to schedule an appointment.



### REACH AND MAINTAIN YOUR OPTIMAL WEIGHT THIS YEAR

Our 6-week 'Healthy You: Weight Management and Mindful Eating' program will help you set goals, change behaviors, and learn the nutrition and fitness tips you need for a new and improved lifestyle! Now with two options:

#### 1. Interactive Program

- **Thursdays, January 14 - February 18, 2016 from 5:30-7 pm.**
- Location: Gifford Building on the CSU campus
- \$100, includes snacks and weekly incentives

Register online at <http://www.nutritioncenter.colostate.edu/programs-services/healthy-you-interactive.aspx>

#### 2. Self-Paced Program

- Our newly revised manual contains all the materials of the interactive program in a bound form that you work through on your own. \$75, includes shipping and handling.

Register online at <http://www.nutritioncenter.colostate.edu/programs-services/healthy-you-self-paced.aspx>

### NATIONAL DIABETES PREVENTION PROGRAM

KANC is part of CDC's nationwide effort to prevent diabetes. If you have Anthem Blue Cross Blue Shield Insurance, you may qualify for this innovative program at no cost. Call for more information: (970) 491-8615. Starts on **Tuesday, January 19, 2016 from 6-7 pm.**



### DATE NIGHT WITH YOUR VALENTINE

Our popular cooking class for you and your favorite partner returns on **Friday, February 12 from 6-8 pm.** You will prepare delicious dishes with our guidance, learning cooking and nutrition while having fun! Cost of just \$60 per couple includes printed recipes and a full meal. Register online at <http://www.nutritioncenter.colostate.edu/classes/date-night.aspx>

### DIABETES IN THE KITCHEN

If you have diabetes or prediabetes, this class is for you. On **Wednesday, February 24 from 5:30-7:30 pm** we will start in the classroom for an informative overview of the disease and ways to take control, then cook together, learning the skills needed to eat right and enjoy your food for the long term. Cost of \$40 includes printed materials, recipes and a full meal. Register online at <http://www.nutritioncenter.colostate.edu/programs-services/diabetes-in-the-kitchen.aspx>

Kendall Anderson  
Nutrition Center

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