

Cooking with Herbs and Spices

Lowering Sodium and Some Potential Health Benefits

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No More Than 2300mg per day

The Average Daily intake for Americans is over 3400mg. Most of this additional salt is from pre packaged – or heavily manipulated foods. If we can make these foods, and satiate wants and needs, sodium can be drastically reduced

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day>



Purpose of Sodium in Foods

Salt is perhaps most well known as a food preservative and flavoring agent. It has been used to preserve food for many thousands of years and is the most common seasoning

- A Food Preservative
- Texture Enhancer
- Flavor Enhancer
- Color Enhancer
- Binder
- Nutrient



<https://www.thespruceeats.com/functions-of-salt-in-food-1328615>

My Favorite Way to Ensure Reduced Sodium

Make Foods at Home

- Making foods at home rather than purchasing gives us the ability to control sodium
- Utilizing powerful herbs, spices, and aromatics enables us to lower some of the sodium and add some potential health benefits



<https://blog.mybalancemeals.com/health/healthy-eating/22-different-spices-and-herbs-and-how-to-use-them/>

What are Aromatics if not Herbs and Spices

- Aromatics refer to vegetables and herbs that add flavor and aroma to a dish. When cooked together, these ingredients help create layers of flavor in your food. Some aromatics are sweet, while others are pungent or astringent. Put them together, and they create a rounded flavor base that helps make the finished dish taste more complete. They have an intoxicating aroma while they're cooking, too



Common Aromatic Combinations

French mirepoix: onions, leeks, carrots and celery. Leeks are often omitted and replaced with extra onions. Use it when making dishes like Chicken Noodle Soup or Pot Roast.

Cajun/Creole holy trinity: onions, green bell peppers and celery. You'll find it in Seafood Gumbo and Crawfish Etouffee.

Asian trinity: ginger, garlic and scallions. These ingredients are included in most stir-fry recipes.

Thai curry: shallots, garlic, chiles and lemongrass. This red paste is the basis of recipes like Thai Red Chicken Curry.

Latin American/Spanish sofrito: onions, garlic and tomato (sometimes bell peppers are used). It's essential for Cuban Black Beans or Arroz con Gandules.

Indian: onions, ginger, and spicy chiles, plus spices. You'll find this base in many of your favorite Indian recipes.

German Suppengrün: carrots, leeks and celeriac. Parsley, onions, parsnips and potatoes are often added to create a popular soup.

Some Aromatic Health Benefits

- Garlic
 - A 12-week study revealed that people who took 2.56 grams of garlic per day (or related supplements) not only got sick fewer times, but the length and severity of the cold or flu was improved
- Onions
 - Onions contain **antioxidants and compounds** that fight inflammation, decrease triglycerides and reduce cholesterol levels — all of which may lower heart disease risk. Their potent anti-inflammatory properties may also help reduce high blood pressure and protect against blood clots
- Carrot
 - The fiber in carrots can help keep blood sugar levels under control. And they're loaded with vitamin A and beta-carotene, which there's evidence to suggest can lower your diabetes risk. They can strengthen your bones. Carrots have **calcium and vitamin K**, both of which are important for bone health
- Celery
 - Chronic inflammation has been linked to many illnesses, including arthritis and osteoporosis. Celery and celery seeds have approximately 25 anti-inflammatory compounds that can offer protection against inflammation in the body.
- Fennel
 - A good source of fiber as well as heart-friendly nutrients like [potassium](#) and folate, vegetables like fennel may [support heart health](#). This is because studies report that a plentiful intake of vegetables in the diet appears to lower blood pressure and may help manage cholesterol.



<https://www.cooksmarts.com/cooking-lessons/creating-flavor/aromatics/>
<https://www.webmd.com/food-recipes/benefits-carrots#:~:text=The%20fiber%20in%20carrots%20can,are%20important%20for%20bone%20health.>
https://facty.com/food/nutrition/11-health-benefits-of-garlic/?style=quick&utm_source=adwords&adid=452863490331&ad_group_id=53035523641&utm_medium=c-search&utm_term=garlic%20benefits&utm_campaign=FH-USA--Search--11-Health-Benefits-of-Garlic&gclid=Cj0KCQjwg7KJBhDyARIsAHRAXaFJQjhEBVeVnWO3YGdZfLTz7ZV0aIjgRbntPPViYTP0k8ySbQOSp0aAkk9EALw_wcB
<https://www.healthline.com/health/food-nutrition/health-benefits-of-celery#1.-Celery-is-a-great-source-of-important-antioxidants.>
<https://www.bbcgoodfood.com/howto/guide/health-benefits-fennel>

Some Herbs to Utilize & Try to Manipulate Lower Sodium Levels

- Cilantro
 - Mint
 - Rosemary
 - Thyme
 - Basil
 - Chives
 - Dill
 - Oregano
 - Parsley
- Fresh VS Dried – Certain herbs are always better fresh (Parsley Cilantro, Tarragon etc.) Certain Dried Herbs Can be more intense (Bay leaf, Rosemary Thyme, Oregano)
 - Rule of Thumb; cooking a dish on the stovetop for more than a few minutes, it's best to use dried herbs.

<https://www.bobsredmill.com/blog/healthy-living/dried-vs-fresh-herbs-which-is-better/>



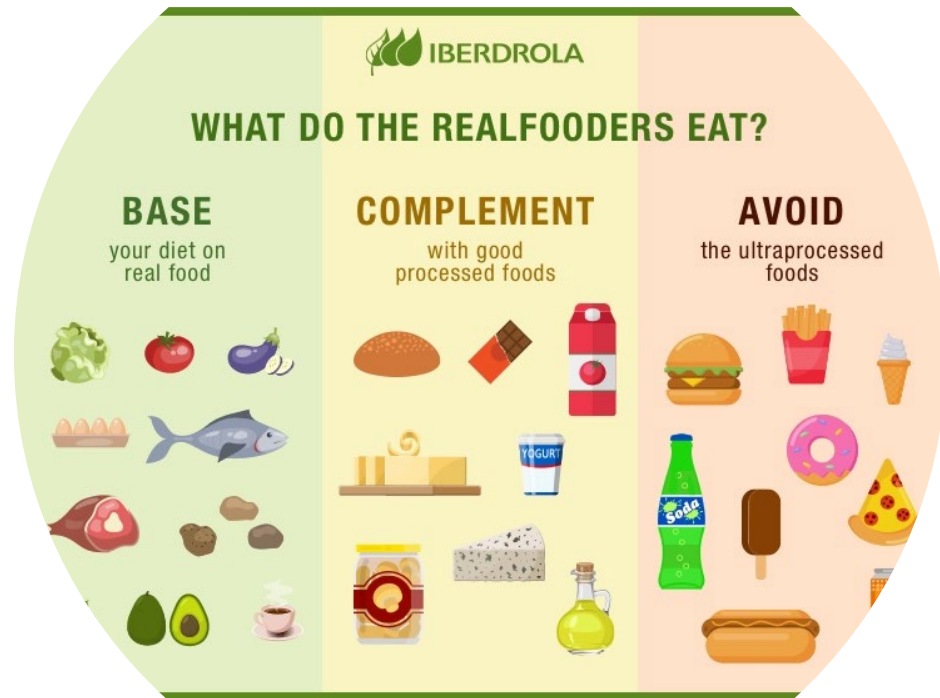
<https://www.uhealth.org/today/cooking-with-fresh-herbs-explained/>

All Spices Impart Great Flavors – Here are Some of My Favorite with Health Benefits

- Turmeric
 - Curcumin (found in turmeric) is also **strongly** anti-inflammatory, to the point where it matches the effectiveness of some anti-inflammatory drugs
- Cayenne (or Uses of Dried Chilies- Powder or Whole)
 - “Spiciness” experienced by the active ingredient in it is called capsaicin, which has been shown to reduce appetite and has pain relieving properties
 - Also a potential immune system booster
- Cinnamon
 - Cinnamon has potent antioxidant activity, helps fight inflammation and has been shown to lower cholesterol and triglycerides in the blood
- Fresh Ground Black Pepper
 - A study in rats with Alzheimer’s disease found that piperine (black pepper extract) improved memory, as the distribution of piperine enabled the rats to repeatedly run a maze more efficiently than rats not given the compound
- Ground Ginger
 - One study in subjects at risk for colon cancer found that 2 grams of ginger extract per day decreased markers for colon inflammation in the same way as aspirin
- Cumin
 - Has anticancer properties, can assist in treating diarrhea, assists in controlling blood sugars, and promotes digestion



<https://www.uhealth.org/today/cooking-with-fresh-herbs-explained/>
<https://www.healthline.com/nutrition/black-pepper-benefits#2.-Has-anti-inflammatory-properties>
<https://www.healthline.com/nutrition/10-healthy-herbs-and-spices>
<https://pubmed.ncbi.nlm.nih.gov/21990307/>
<https://www.sciencedirect.com/science/article/abs/pii/S0278691592901805>



<https://www.iberdrola.com/social-commitment/what-is-real-food>

Minimally Manipulated Foods

Customized Foods For YOU

- Making Foods at Home from Minimally Manipulated Ingredients Lets us Create Food That Can Assist in Living Our Healthiest Lives
- Season with Sodium at The End
 - During the Cooking Process, moisture is Reduced. Using Sodium at The End creates the Biggest Opportunity to Capitalize on Concentrated Flavors
- Add Salt in Minimal Amounts
 - Can Always Add more, Can't Take Away
- Utilize Herbs, Spices, and Aromatic to Impart Flavor
 - Being Able to Capitalize on Ingredients That Impart Flavor Rather than Salting Creates the Best Outcome

Thank You

Try to Make New Foods, Made with Real, Whole Foods & Spices