

Top 10 Healthy Herbs and Spices

The 10 healthiest herbs and spices, from garlic and ginger to turmeric and cinnamon, with the evidence, culinary amounts, and drug-interaction cautions.

1 Garlic

Allicin, sulfur compounds

Serving: 1-2 cloves daily

Sulfur compounds studied for blood pressure and cholesterol.

2 Ginger

Gingerols, shogaols

Serving: 1-2 tsp fresh grated

Evidence for nausea relief.

3 Turmeric

Curcumin

Serving: 1/2-1 tsp in food

Curcumin studied for inflammation.

4 Cinnamon

Cinnamaldehyde, polyphenols

Serving: 1/2-1 tsp

Studied for blood sugar with mixed results.

5 Black Pepper

Piperine

Serving: A few pinches

Boosts curcumin absorption.

6 Peppermint

Menthol

Serving: Tea or fresh leaves

Studied for irritable bowel syndrome.

7 Green Tea (as Herb)

EGCG, caffeine

Serving: 2-3 cups

Catechins and moderate caffeine.

8 Fenugreek

Soluble fiber (galactomannan)

Serving: 1 tsp seeds in cooking

Fiber-rich seeds studied for glucose.

9 Parsley and Leafy Herbs

Vitamin K, vitamin C

Serving: Generous handful

Vitamins K and C in a garnish.

10 Oregano, Rosemary, and Thyme

Rosmarinic acid, carvacrol

Serving: 1-2 tsp dried

Polyphenol-rich herbs for salt-free flavor.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/herbs-spices/