

## Savor the Health Benefits of Herbs

Sprinkle on the herbs to season your favorite soup, grilled vegetables, or baked salmon. Herbs add rich flavors to your favorite foods.

They're also a good source of antioxidants that can protect your heart and help prevent cancer.

In a study published in the *Journal of Agricultural and Food Chemistry*, researchers compared antioxidants in fruits and vegetables to antioxidants in herbs. Of 27 culinary and 12 medicinal herbs tested in the laboratory, the herbs with the highest antioxidant activity belonged to the oregano family. Oregano has 42 times more antioxidant activity than apples, 30 times more than potatoes, 12 times more than oranges, and 4 times more than blueberries.

## Use More Herbs

"People should use more herbs for flavoring instead of salt and artificial chemicals," says lead researcher Dr. Wei Zheng. You can boost the health value of a meal by using generous amounts of herbs like oregano, dill, thyme, sage, and parsley.

Research shows that increasing the amount of antioxidants in your diet can help reduce your risk for cancer, heart disease, and stroke. If you plan to add more herbs to your diet, fresher is better. Grow your own, or buy fresh at the store or farmer's market. Fresh herbs contain higher antioxidant levels than powdered versions.

*Source: Wellsource Participant Portal*



**"Yes, garlic and herbs can improve your cholesterol...but not garlic and herb potato chips."**

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