

Health Hints

Simple Steps Toward A Healthier Lifestyle

(NAPSA)—Small, simple steps can add up to big benefits when it comes to living a healthier life.

“Making simple lifestyle changes to improve your health is easier than people think,” says Wendy Bazilian, DrPH, M.A., RD, author of “The Superfoods Rx Diet.” “For example, taking a four-minute walk or adding 300 steps each day adds up to an extra mile by the end of the week.

“At mealtime,” notes Bazilian, “it’s easy to enhance the nutritional value of favorite foods by adding antioxidant-rich spices and herbs. Even something as simple—and flavorful—as shaking cinnamon onto coffee grounds before brewing is enough to make a difference.”

Just one-half teaspoon of ground cinnamon has as many antioxidants as one-half cup raspberries or strawberries. Cinnamon is one of the McCormick Super Spices highlighted for their antioxidants, which are comparable to many fruits and vegetables, including today’s “super foods” such as blueberries and spinach. Other Super Spices are ginger, oregano, red peppers (including cayenne, crushed red pepper and paprika), rosemary, thyme and yellow curry.

Spices can help boost the antioxidant power of practically everything throughout the day, from snacks and entrées to soups and beverages. Here are seven super tips to help:

1. Sprinkle ground cinnamon over everything from hot cocoa to oatmeal and fruit salad.

2. Quench your thirst with ginger lemonade. Add ½ teaspoon ground ginger to 1 quart freshly



Just a shake of cinnamon can add antioxidants—and flavor—to everything from oatmeal to coffee grounds to fruit salad.

squeezed lemonade or lemonade from a mix.

3. For a twist on the typical grilled cheese, prepare sandwich with sliced mozzarella cheese, sliced tomato and ¼ teaspoon oregano leaves.

4. Add a kick to store-bought or homemade hummus or guacamole by stirring in ¼ teaspoon ground red pepper or crushed red pepper. Or sprinkle in paprika.

5. Dress up ready-to-bake rolls. Just before baking dinner rolls, brush tops with olive oil then sprinkle with crushed rosemary leaves and sea salt.

6. Wake up your taste buds with herbed scrambled eggs. Beat ½ teaspoon thyme leaves into 2 eggs before scrambling.

7. Create a spiced curried pilaf by adding ½ teaspoon yellow curry to 2 cups hot cooked rice. Add flavor and texture with a handful of shredded carrots, peas, raisins or toasted sliced almonds.

For more tips and recipes, visit www.spicesforhealth.com.