

A Reason to Season: *The Role of Spices in Health*



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For millennia, spices have played a major role in cooking, medicine, exploration and economics. Not only were these plants valued for their fragrance and flavor, but spices and culinary herbs have spanned the continuum between foods and medicine from ancient times to the present. This session will highlight some of the rapidly expanding evidence that demonstrates the health promoting effects of many of our most popular spices.



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OBJECTIVES:

1. Participants will be able to identify common spices and culinary herbs used in the American diet.
2. Participants will be able to discuss the traditional uses of common spices and culinary herbs.
3. Participants will be able to discuss the contemporary evidence of safety and benefit for commonly used spices and culinary herbs.