

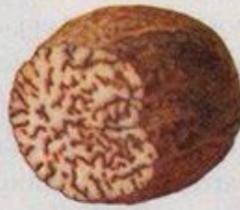
# Six Super Spices

A couple of sprinkles a day can keep the doctor away.



## DRIED RED PEPPER

The compound capsaicin puts the heat in chiles. It may lower the risk of skin and colon cancers; studies show it also helps people eat fewer calories. Try hot pepper on pizza or in pasta.



## NUTMEG

Contains antibacterial compounds that may help fight listeria, *E. coli* and salmonella, according to research. Try nutmeg in soups or chicken dishes or on sweet potatoes.



## CUMIN

A potent anti-inflammatory and antioxidant that may help stop tumor growth. Try cumin in tacos, or use it as a rub on meats.



## TURMERIC

Contains an active component called curcumin, which may stop cancer from spreading and help prevent type 2 diabetes. Try turmeric in soups, stews or curry dishes.



## CINNAMON

Just ¼ to ½ teaspoon daily lowers blood sugar, LDL (bad) cholesterol and triglycerides in people with type 2 diabetes. Try cinnamon sprinkled on oatmeal or applesauce.



## GINGER

Can stop nausea and may also relieve heartburn and bloating. Try adding a few slices of fresh ginger to stir-fries or salad dressings.