



For Immediate Release
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Cooking With Herbs and Spices

From Dodge County Extension FoodWise Educator

Hypertension, otherwise known as high blood pressure, happens when there is increased pressure of blood pushing against the walls of your arteries which can cause heart health problems and increase the chances of a stroke (Centers for Disease Control, CDC). According to the CDC, 47% of adults in the United States have hypertension. One way to reduce the risk of developing hypertension and/or reduce damages caused by hypertension is to lower sodium intake. Utilizing herbs and spices in place of salt in meals is a great way to start. The University of Delaware has a resource to help you think about pairing herbs/spices with foods.

Food	Seasoning
Beef	Bay leaf, cayenne, chili, curry, dill, ginger, mustard, paprika, marjoram, oregano, parsley, rosemary, thyme
Pork	Allspice, basil, cardamom, cloves, curry, ginger, marjoram, mustard, oregano, paprika, parsley, rosemary, sage, savory, thyme
Lamb	Basil, cardamom, curry, dill, mace, marjoram, mint, oregano, paprika, rosemary, turmeric
Poultry	Allspice, anise, bay leaf, cayenne, curry, dill, ginger, marjoram, mustard, nutmeg, paprika, parsley, pepper, sage, savory, tarragon, thyme
Fish	Allspice, anise, basil, bay leaf, cayenne, chives, curry, dill, fennel, ginger, marjoram, nutmeg, oregano, paprika, parsley, tarragon, thyme
Rice	Chives, cumin, curry, nutmeg, parsley, saffron, turmeric



Have questions? Extension is here to help.
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Education Sources:

Facts about Hypertension in the United States

<https://www.cdc.gov/bloodpressure/facts.htm#:~:text=Nearly%20half%20of%20adults%20in,are%20taking%20medication%20for%20hypertension.>

University of Delaware: Herbs & Spices- What goes with what food

<https://www.udel.edu/academics/colleges/canr/cooperative-extension/fact-sheets/herbs-spices-on-food/>

