

Allspice

Allspice is a soothing, anti-inflammatory and carminative spice. Its benefits include reducing cancer, improving oral health, stimulating digestion, facilitating bone growth, and boosting the immune system. It also helps in reducing blood pressure and acts as an analgesic or anaesthetic substance.

Anise seeds

This powerful spice has antioxidants as well as a stomachic, anti-spasmodic, carminative, antiseptic, digestive and stimulant properties. It is a great source of vitamins and minerals like iron, potassium, copper and manganese. Anise seed helps increase the circulation and oxygenation of body parts while boosting the immune system and improving the quality of your skin.

Bay leaf

Bay leaf is a very popular spice throughout the world and is praised for its ability to prevent cancer, boost immunity, reduce neural tube defects, protect oral health, skin care, and hair care. It also helps improve nervous system function, regulate body metabolism, and prevent blood-related conditions like anaemia.

Cayenne pepper

Cayenne pepper has the ability to clear the sinuses, increase urination, eliminate toxins from the body, help manage diabetes, prevent cancer, and lower blood pressure. Use of cayenne pepper helps optimise the metabolism, regulate hormonal activity, and fight toxins and potential infections, due to its powerful antioxidant properties.

Capers

Capers prevent cancer, reduce illness, strengthen blood vessels, reduce clotting, lower cholesterol levels, and increase circulation. They also provide a huge wealth of vitamins like vitamin A, vitamin K, niacin, riboflavin, and minerals like iron and copper.

Caraway seeds

Caraway seeds improve digestion, reduce constipation, excess gas, neutralise free radicals, and prevent various diseases like cancer. These seeds provide vitamins like thiamine, pyridoxine, riboflavin and niacin. They also contain minerals like iron, copper, calcium, potassium, manganese, selenium, zinc and magnesium.

Black pepper

Black pepper is one of the most common spices in the world, packed with many health benefits. It can help reduce inflammation and excess gas, optimise gastrointestinal action, and regulate enzymatic reactions. Black pepper helps control heart rate and blood pressure.

Cinnamon

Cinnamon is praised for its ability to reduce inflammation, eliminate pain, manage diabetes, eliminate infections, reduce excess gas, and improve heart health. It also helps in increasing cognitive function, building strong bones and improving the health of eyes and skin.

Cardamom

The health benefits of cardamom include its ability to aid digestion, reduce spasms, lower blood pressure, increase the metabolism, improve circulation and increase frequency and volume of urination. It also provides the essential vitamins and minerals.

Cloves

Cloves have anti-microbial properties, which help in fighting oral diseases. They are also good for boosting the immune system.

Cumin

Cumin seeds are antioxidants, anti-inflammatory, and carminative by nature. They improve digestion, increase sperm count, build strong bones, improve eyesight, and prevent macular degeneration. Other benefits of cumin seeds include their ability to manage heart rate, lower blood pressure, act as a co-factor in many enzymatic reactions, increase red blood cell count, and prevent various types of cancer.

Garlic

Garlic is a great spice used to add a unique flavour to the food. It helps fight heart disorders, high blood pressure, cold, and cough.

Ginger

Largely known for aiding in digestion, ginger is a spice that exerts many benefits like preventing cancer, boosting the appetite, and improving respiratory conditions, among others.

Mace

Mace's properties include building strong

bones, reduce depression, and insomnia. It also helps keep the skin healthy, boost hair health, and increase circulation to all parts of the body.

Mustard seeds

Mustard seeds are packed with organic compounds and volatile oils that can boost your overall health. They are also a wonderful source of B-complex vitamins, which are essential for normal functioning of your organs.

Nutmeg

Nutmeg is a great source of antioxidants, vitamins and minerals necessary for human health. It can fight fungal infections, work as an aphrodisiac, improve digestion, reduce excess gas, and improve hair and skin health. It also helps prevent macular degeneration and reduce the chances of developing cancer.

Important note: Nutmeg is poisonous when eaten in large quantities. It must always be stored well out of the reach of children. Two nutmeg seeds can be fatal to small children.

Saffron

Saffron contains many carotenoids and boosts immune system health in a big way. It also fights infections in wounds, elevates mood, induces sleep, stimulates red blood cell formation, and modulates hormonal activity.

Turmeric

Turmeric is best known for its anti-inflammatory properties. It aids in skin care, prevent cancer, eases menstruation, and detoxifies the body.

Vanilla beans

Vanilla beans contain a wide array of chemicals compounds and volatile oils, all of which have their own health benefits. However, studies done on vanilla beans have shown that they help control blood pressure, reduce heart rate, soothe nerves,

regulate the body metabolism, induce sleep, and build strong bones.

HOW TO PURCHASE SPICES

You can judge the freshness of the spice by the colour and aroma. When fresh, most spices have a bright, rich colour and a strong aroma. Always purchase in small quantities to ensure that you are using fresh spices. Replace old spices once a year.

HOW TO STORE SPICES

A spice jar over the stove might be convenient, but because herbs and spices deteriorate when exposed to heat, light and moisture, it's not the most ideal place to keep them. The best storage temperature for herbs and spices is one that is fairly constant and below 70° Fahrenheit. This means products must be kept away from the furnace, stove and the heat of the sun.

While spices don't actually spoil or rot, they will lose their flavour over time. Keep your spices in tightly covered glass jars and store them in a cool, dry place. Whole spices stay fresh for up to 2 years while ground spices have a 6-month shelf life. Store red spices, such as paprika and red pepper, in the refrigerator. They will hold their

colour and keep their flavour longer. Temperature fluctuations can cause condensation, and eventually, mould. If you store spices in the freezer or refrigerator, return them properly after use.

TIPS FOR COOKING WITH SPICES

Spices are key to creating delicious flavour in any kitchen. If you are concerned about eating healthy, spices are even more important. One thing to keep in mind when cooking with spices is that spices start to lose their flavour when they are ground. So whenever possible, it's best to grind our own spices immediately before using them.

Photo: Collected



KING'S
Sunflower Oil

The **first**
perfectly balanced
Vitamin-A
fortified
sunflower oil
in Bangladesh



Tamanna Chowdhury
Principal Dietician
Apollo Hospitals, Dhaka.

BEOL

King's Sunflower Oil is fortified with 15-30 ppm Vitamin "A", as per "Edible Oil Fortification with Vitamin "A" Act, 2013", enacted on November 27, 2013.

Vitamin A helps to protect eye vision against macular degeneration and regulate the genes for body's immune response that fight illness, disease even cancer.

Produced in Ukraine, packed in Malaysia by Wilmar International Ltd., the **World's Most Admired Company** in Food Production Industry in 2013, ranked by **Fortune Magazine**.



Hotline
09612777888

