



#FOOD & RECIPES

5 spices that you should include in your diet

Spices have always had a special place in food culture because they enhance the flavours of dishes and bring magic to every bite. Some extraordinary spices have established themselves as essential kitchen companions as we move into the realm of flavours. These not only make food taste and smell better but also have several health benefits that make them even more important.

Cinnamon

Cinnamon, with its warm and lovely smell, is a zest that has been praised for a long time. It has a plethora of positive health effects in addition to its delicious flavour. It has potent antioxidant properties that aid in preventing stress and inflammation in the body. Additionally, cinnamon has been linked to improved control of blood sugar, making it useful for diabetics and those aiming to maintain healthy blood sugar levels.

Turmeric

Turmeric, known for its energetic brilliant shade, holds the power to enhance the flavours of any dish. The remarkable health benefits of turmeric are due to its active compound, curcumin. Curcumin

has potent anti-inflammatory properties that can assist in reducing the signs and symptoms of chronic inflammation and conditions related to it. Embrace the brilliant remedy of turmeric and open a universe of prosperity.

Ginger

The zesty and energising flavour of ginger has long been prized in culinary and medicinal traditions. When it comes to its health benefits, this adaptable spice packs a big punch. Ginger is a well-known natural remedy for motion sickness and morning sickness during pregnancy due to its anti-nausea properties. It is additionally known

for its intense calming impacts, giving help to those experiencing joint pain or other fiery circumstances. Ginger's noteworthy stomach-related benefits, including helping processing and lessening bulging, make it an ideal addition to any feast.

Paprika

Paprika, a flavour collected from dried sweet peppers, is a spice that can surely enhance the flavour of any dish. Past its dynamic red tone and wonderful taste, paprika offers a plethora of medical benefits. This fiery delight is loaded with antioxidants, defending the body from oxidative stress and promoting cellular

health as a whole. Additionally, paprika is a good source of vitamins A and E, which aid in improved vision, immune system enhancement, and skin health. You can improve both your meals and your overall health by embracing the fiery appeal of paprika.

Cardamom

Our list of essential spices cannot be complete without the exotic and aromatic cardamom. This fragrant zest not only adds a wonderful flavour to culinary delight but also has various medical advantages. Cardamom has been related to stomach-related wellbeing, supporting the alleviation of heartburn, and bulging. Additionally, it is thought to possess antimicrobial properties that support oral health and aid in the fight against common oral bacteria.

In the domain of flavours, these 5 fundamental spices are top tier. From their cell reinforcing properties to helping you fulfil your daily nutrients; these spices encapsulate the wizardry of flavour and wellbeing.

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