

NUTRITION RESOURCES | FALL

Warming Spices, Real Benefits

Cinnamon lattes and pumpkin spice everything are back — and it turns out several of these warming spices carry real benefits beyond flavor. Here's what the research actually supports, and easy ways to use each one this fall.

WHAT THE RESEARCH SHOWS

Spice	What Research Shows	Easy Ways to Use
Cinnamon	May help moderate blood sugar response after meals	Oatmeal, coffee, roasted vegetables
Ginger	Well documented for easing nausea and supporting digestion	Tea, stir-fries, soups
Turmeric	Contains curcumin, a compound linked to lower inflammation (best absorbed with black pepper and a bit of fat)	Soups, roasted cauliflower, golden milk
Cloves	High in antioxidants; traditionally used for oral health	Baked apples, chili, mulled cider
Nutmeg	Small amounts may support digestion; potent, so a little goes a long way	Squash, oatmeal, lattes

EASY WAYS TO ADD THESE THIS FALL

- Stir cinnamon and fresh ginger into morning oatmeal instead of extra sugar.
- Grate fresh turmeric (or add a spoonful of ground) into roasted vegetables, with a crack of black pepper to help your body absorb it.
- Steep fresh ginger slices in hot water for an afternoon tea instead of a sugary drink.
- Season squash or pumpkin soup with nutmeg and cloves instead of extra cream.
- Make a golden milk latte at home: turmeric, ginger, warm milk, and a pinch of black pepper.
- Add a cinnamon stick or a few whole cloves to a pot of mulled apple cider.

A NOTE ON MODERATION

Spices are a simple way to add flavor without extra sugar, salt, or fat, and many carry real, research-backed benefits. But they work best as part of an overall varied diet — they're not a substitute for medication or medical treatment, so talk to your doctor if you're managing a health condition with diet.

SOURCES

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