



Spices of Life!

Heart Failure Awareness Week . February 14-20, 2016

Healthy Living with HF

Creating Ethnic Flavors

Create ethnic flavors with pre-made, salt-free seasoning blends or prepare your own by mixing the items below:

Asian:	Bay leaves, cilantro, coriander seeds, curry powder, five-spice powder, garlic, ginger, lemongrass, lime, mint, red pepper flakes, turmeric
French:	Basil, garlic, marjoram, rosemary, sage, thyme. You can also buy herbs de Provence
Greek:	Bay leaves, citrus (lemon), rosemary, thyme
South Asian:	Cardamom seeds, chiles, cilantro, cinnamon, cloves, coriander seeds, cumin seeds, curry powder, garlic, ginger, mint, mustard seeds, nutmeg, red pepper flakes, saffron, sesame seeds, turmeric
Italian:	Basil, marjoram, oregano, parsley, tarragon
Latin:	Chiles, cilantro, cinnamon, cumin seeds, garlic, marjoram, mint, oregano, sesame seeds



American Association of Heart Failure Nurses

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