

Using Herbs, Spices, and Seasonings

This chart shows which herbs, spices, and seasonings are compatible with the various food types listed on your Eating Guidelines report.

Herb/Seasoning	Meats	Poultry	Seafood	Legumes	Dairy	Eggs	Grains	Greens	Vegetables	Fruit
Anise	X	X	X	X			X	X	X	X
Basil	X	X	X		X	X	X	X	X	
Bay Leaf	X	X	X	X	X	X			X	
Caraway	X	X	X				X	X	X	
Cardamom	X	X					X		X	X
Carob					X	X	X			X
Cayenne			X	X	X	X			X	
Chervil			X					X	X	
Chili Powder	X	X	X	X	X	X	X		X	X
Chive		X	X					X	X	
Cinnamon	X	X	X		X		X	X	X	X
Cloves	X	X		X	X		X		X	X
Coriander	X	X	X	X			X	X	X	
Cumin	X	X	X	X	X		X		X	
Curry Powder	X	X	X	X			X		X	X
Dill Weed	X	X	X		X			X	X	
Fennel Seed	X		X				X		X	
Fenugreek	X	X		X			X	X	X	X
Garlic	X	X	X	X			X	X	X	
Ginger	X	X	X	X			X		X	X
Mace	X	X	X	X	X		X		X	X
Marjoram	X	X	X			X			X	
Mustard	X	X	X	X	X	X	X	X	X	X
Mustard Seed			X						X	
Nutmeg	X	X	X		X		X	X	X	X
Oregano	X	X	X	X					X	
Paprika	X	X	X			X			X	
Parsley	X	X	X	X			X	X	X	
Pepper (ground black)	X	X	X	X	X	X	X	X	X	
Peppermint	X			X	X				X	X
Rosemary	X	X	X					X	X	X
Saffron	X	X	X							
Sage	X	X	X	X					X	
Savory	X	X	X	X					X	
Spearmint	X			X	X				X	X
Tarragon	X	X	X						X	
Thyme	X	X	X	X				X	X	
Turmeric	X	X	X		X	X	X		X	X

Ask for these other helpful instructions: Shopping Guidelines, Cooking Guidelines, Eating Guidelines, Cooking Whole Grains, Cooking Beans and Legumes, Food Preparation and Storage, Meal Planning Guidelines, and Cooking with Fats & Oils.