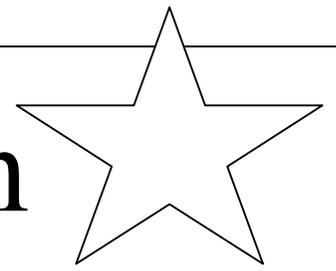


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# To Your Health



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VA Palo Alto Health Care System ★ Patient Education Newsletter ★ Spring 2001

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*"Promoting good health through information."*

## **Tips For Using Dried Herbs and Spices**

Evelyn Shinoda, RD, Dietitian

Around the world, across all cultures and ages, people love to eat. While many factors influence the types of food we eat, taste dominates how we make food choices. From familiar to exotic, herbs, spices, and seasonings can enhance the flavor of foods so we can enjoy them without feeling guilty. Because these flavor enhancers are low in sodium, sodium free, or fat free, they are ideal for individuals who need to limit sodium or fat intake.

**Herbs** provide color and a range of distinctive flavors. Examples of herbs include basil, bay leaf, garlic, oregano, rosemary, and thyme.

**Spices** enhance the natural sweetness of foods and are part of the many flavors of ethnic cuisine. Examples of spices include cinnamon, ginger, cumin, and nutmeg.

**Ethnic seasonings** are high in flavor and low in calories, fat, and sodium. Examples of ethnic seasonings include:

- *Mexican:* cayenne pepper, chili powder, cilantro, cinnamon, cumin, garlic powder, jalapeno peppers
- *Italian:* anise, basil, crushed red pepper, fennel, garlic powder, oregano, rosemary, sage
- *Chinese:* Chinese 5 spice, crushed red pepper, garlic powder, ground ginger, sesame seed, white pepper, whole red chilies
- *Thai:* basil, cilantro, cinnamon, crushed red pepper, garlic powder, ground ginger, mint, turmeric, whole red chilies
- *Greek:* cinnamon, dill weed, garlic powder, mint, onion powder, oregano, paprika

## **★ Recipe for Health ★**

*Ideas for healthy snacking using dried herbs, spices, and seasonings:*

### **Pizza craving**

Spread a toasted English muffin or bagel half with a spoonful of canned diced tomatoes in puree. Sprinkle with garlic powder, oregano leaves, grated low fat cheese, and Canadian bacon. Broil until cheese bubbles.

### **Roll up with cinnamon cream**

Warm a small flour tortilla in a nonstick skillet or microwave. Mix a tablespoon each of low fat ricotta, plain yogurt, and cottage cheese with a teaspoon of fruit preserves; sprinkle with cinnamon or nutmeg. Roll up.

### **Gingered wonton crisps**

Cut wonton skins into triangles and place on a baking sheet. Brush with a mixture of 1-tablespoon water, 1-tablespoon sesame oil, 1-teaspoon ground ginger, and 1/2-teaspoon onion powder. Bake at 375 degrees F until crisp and golden brown.

### **Chickpea poppers**

Drain 15 oz can garbanzo beans (chick peas); add 1/4-cup balsamic vinegar, garlic powder, crumbled rosemary, basil, or marjoram, and a touch of olive oil. Blend in a food processor until creamy, adding more balsamic vinegar for desired consistency. Serve with warmed pita triangles.

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## **For Your Information**

May is National Stroke Awareness Month!

To test your stroke awareness IQ and learn all about stroke, prevention programs, and survivor/caregiver resources, visit the [www.stroke.org](http://www.stroke.org) website.

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## Heat Stroke: Advice from the Palo Alto ER staff

Tien Trinh, RN

With a possible hot summer and California's energy crisis, overexposure to high temperature and humidity can lead to serious medical problems. These range from simple dehydration to mild heat exhaustion to a **life-threatening emergency—HEAT STROKE**.

Heat stroke happens when the body can't control its temperature when exposed to high heat or high humidity. Sweating fails and the body cannot cool down. Body temperature can rise to dangerous levels in 10-15 minutes. This becomes a medical emergency if not treated. Heat stroke can cause brain damage or death.

If you find someone that you suspect is suffering from heat stroke, you should do the following:

- CALL 911 to have the person transported to the ER immediately
- Move the person to a shady place or an air-conditioned area if possible
- Remove non-cotton clothing
- Apply cool (not cold), wet towels or sheets, especially around the head, neck, and armpits
- Turn on a fan, if possible, to increase airflow.

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*To Your Health is published quarterly for  
VAPAHCS veterans and their families.*

Editorial Board:

Noelle Hasson, Pharm.D.

Rosemary Gill, RN, M.S.

Laura Peters, Ph.D.

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## Heat Stroke

*Signs and Symptoms to look for*

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Throbbing headache  
Nausea  
Confusion  
Dizziness  
Unconsciousness  
Warm, dry, red skin (no sweating)  
Rapid, bounding heartbeat  
Temperature over 103F (orally)

Of course, an ounce of prevention is worth a pound of cure. Here's what you can do to **prevent** heat related problems:

- Drink lots of fluids, especially water or sport drinks. Consult with your provider if you have been told you need to restrict your fluid intake. Avoid alcohol and caffeine; they can cause you to lose more fluid.
- Stay in shaded or better yet, air conditioned areas. Lie near a fan or place cool, wet towels on your body. Take an afternoon shower. Treat yourself to a movie, go window-shopping in the local mall, or go to the library.
- If you must go out in the sun, wear loose, light colored clothing with fabric that does not hold heat. Wear a large brimmed hat or use an umbrella. Avoid heavy physical exertion.
- Be aware if you are at increased risk for heat stroke. Those at increased risk include children less than 4 years, people 65 or older, and people who are overweight, ill or take certain medications.

Most people look forward to spending more time outdoors during the summer season, but don't overdo it. Take preventative measures on the hot days ahead. ★

