

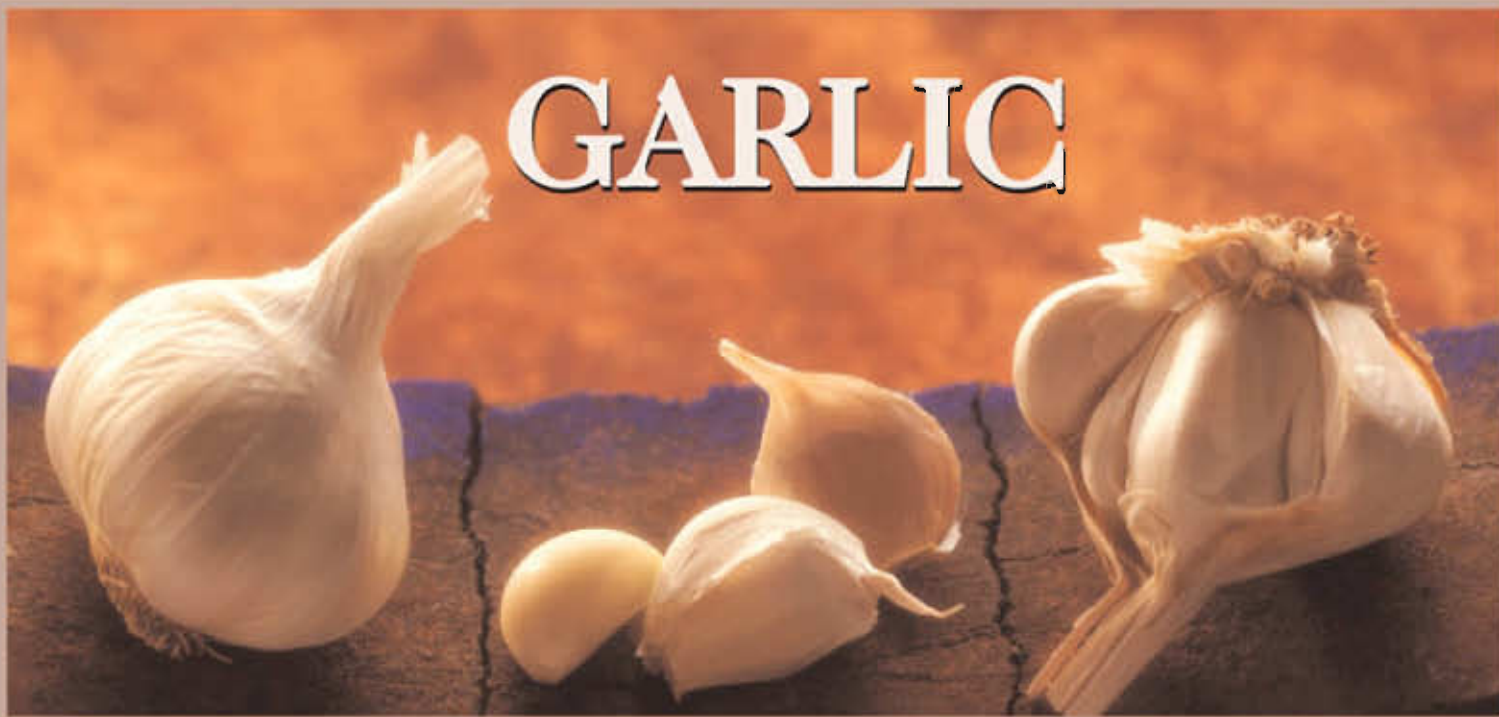
# The Pennsylvania Nutrition Education Network



*A Guide to*  
**HEALTHY FOODS & HERBS**



GARLIC  
PEPPERMINT  
CRANBERRIES  
ECHINACEA  
GINGER



## FRESH GARLIC

*may lower your cholesterol  
and blood pressure*



*Add fresh*  
**MINCED GARLIC**  
*to your food*



## Careful:

*Oils from some herbs and spices may irritate sensitive skin.*

---



Wash your hands after working with food.

# PEPPERMINT



*can help  
headaches.*

---

Place a drop  
or two of  
peppermint oil  
on your forehead  
or temple.



**PEPPERMINT TEA**  
*may help digestion and relieve  
stomachaches.*

**PEPPERMINT**  
*helps colds.*

---

Add fresh  
peppermint or  
a few drops of  
peppermint oil  
to hot water.



# CRANBERRIES,

*whole, fresh, canned or dried  
are very good for your health.*





CRANBERRIES  
*or*  
CRANBERRY  
JUICE  
*may stop  
bladder  
or urinary  
infections.*



**DRIED CRANBERRIES**  
*are a healthy snack.*



**CRANBERRIES**  
*help*  
*stomachaches.*

# GINGER

*may ease morning sickness,  
motion sickness.*





**GINGER TEA** *soothes  
an upset stomach, heartburn and gas.*

## *How to Make* GINGER TEA

- ½ cup fresh chopped ginger
- 3 cups water
- sliced lemon

Cook in a small pot over low heat for 10 minutes.

*Sweeten with honey to taste.*



# ECHINACEA

---



- *may prevent a cold*
- *can help you feel better if you have a cold or flu.*

# HERBS

*are like teas  
and can be  
soaked in  
hot water.*

- Mix 1-2 teaspoons dried herbs (or 2-4 teaspoons fresh herbs)
- 1 cup hot water

Let sit for 10 minutes;  
then strain the herbs  
from the water.





# HERB EXTRACTS

*are available in  
drug and  
health food stores.*

---



*Use a dropper  
to add this  
**HERB  
EXTRACT**  
into a hot tea.*

---

Check with your health provider  
for the right amount.

**PENNSYLVANIA  
NUTRITION EDUCATION TRACKS**

On track with healthy eating for low income audiences



Funded by DPW & PA Nutrition Education TRACKS,  
part of USDA's Supplemental Nutrition Assistance Program (SNAP)

To find out how SNAP can help you buy healthy foods,  
contact DPW's toll-free Helpline at  
**800-692-7462.**

This institution is an equal opportunity provider and employer.

---

*Slide Design: Alison Carson, Carson Siegel Design*

**Some people  
may have side effects  
from using herbs.  
Please discuss any  
herbal use with your  
health care provider.**