

Capture the Flavor: **Herbs, Spices and Herbal Supplement Resource List**

Herbs and Spices

Do Try This At Home. Diabetes Self-Management. Published January 16, 2009. Updated April 21, 2017. This article includes ideas on how to incorporate more herbs and spices into the foods you prepare.

<https://www.diabetesselfmanagement.com/nutrition-exercise/meal-planning/cooking-with-herbs-and-spices/do-try-this-at-home/?print=0>

Seasoning Savvy: How to Cook with Herbs, Spices, and Other Flavorings. Author: Alice Arndt. This book serves as a guide to identifying, locating, selecting, storing, and using new and familiar herbs, spices, flavorings and blends. <https://q.co/kgs/URbUZd>

Guide to Herbs and Spices. Use this guide to flavor your foods with herbs and spices from your pantry.

<https://veggiechick.com/wp-content/uploads/2015/06/Herbs-and-Spices-101.pdf>

Herbal Supplements

Tyler's Honest Herbal: A Sensible Guide to the Use of Herbs and Related Remedies, Fourth edition. Authors: Steven Foster & Varro E. Tyler. This book is a revision of the most reliable source for the function of medicinal herbs.

<https://q.co/kgs/8ycEt3>

Tyler's Tips: The Shopper's Guide for Herbal Remedies. Authors: Virginia M. Tyler & George H. Constantine. An easy-to-read, organized shopping guide for your herb and spice purchases. <https://q.co/kgs/NZxUqw>

Nutritional Herbology - A Reference Guide to Herbs. Author: Mark Pederson. This book is a reference manual to provide nutritional information and herb/drug interactions.

<https://q.co/kgs/Y1TXo6>

National Institutes of Health Office of Dietary Supplements. Provides a website for reliable, science-based answers to your questions about dietary supplements.

<http://ods.od.nih.gov>

The Pill Book. Author: Harold Silverman. This is a well-known illustrated guide to the most prescribed drugs in the US and highlights the drug, food, and herb interactions. It is commonly used by healthcare practitioners. <https://q.co/kgs/5cszsy>