Flavor combinations of herbs and spices can be tasty & healthful substitutes for things like sugar and salt, while still keeping your meals delicious.

Instead of using that oh-so-tempting salt shaker, try out some new flavors this month!

Mediterranean flavors: Basil, allspice, paprika, nutmeg, fennel seeds, sage

Middle Eastern Flavors: Oregano, mint, cilantro, saffron, tahini, marjoram

Moroccan Flavors: Red pepper flakes, ginger, turmeric, cinnamon

Asian Flavors: Anise, miso, scallions, curry powder, lime, cloves

Indian Flavors: Mustard seeds, coriander seeds, cardamom seeds

Latin Flavors: Chipotle, adobo, citrus, sesame seeds, onion

To enroll in a wellness program, go to totalrewards.rochester.edu