

Mint

Mint has one of the highest antioxidant capacities of any food. Learning how to use fresh herbs and spices such as mint to add flavor when cooking can also help to cut down on sodium intake.

Mint, also known as *mentha*, is actually a genus or group of around 15-20 plant species, including peppermint and spearmint. Mint oil is often used in toothpaste, gum, candy and beauty products while the leaves are used either fresh or dried for teas and food.



How to incorporate more mint into your diet

When buying mint, look for bright, unblemished leaves. Store in a plastic bag or loose plastic wrap in the refrigerator for up to one week.

Mint is relatively easy to grow and can even be grown in small pots on a sunny windowsill. Growing mint in your garden can help ward off ants and flies.

When preparing mint, use a sharp knife and cut gently. Using a dull knife or over-chopping will bruise the herb and much of the flavor will be lost on the cutting board surface.¹

- Try a mint limeade by mixing lime juice with sugar or [stevia](#) and muddled mint leaves. Top off with filtered water and ice cubes.
- Incorporate mint into a fresh fruit salsa with chopped apples, pear, lemon or lime juice, jalapeno and honey. Serve with [cinnamon](#) pita chips or on top of baked chicken.

7 REASONS TO EAT MINT

Organic Facts



- ✱ Promotes digestion
- ✱ Improves oral health
- ✱ Helps to prevent cancer
- ✱ Quick and effective remedy for nausea
- ✱ Clears up congestion of nose, throat and lungs
- ✱ Natural stimulant, relieves from fatigue and depression
- ✱ People chewing mint gums have higher memory retention and alertness

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- Jazz up your water by adding mint leaves and cucumber for a refreshing treat.
- Pour hot water over mint leaves and steep for 5-6 minutes for homemade mint tea. Try using chocolate mint leaves for a twist.

<https://www.medicalnewstoday.com/articles/275944.php>