

Cinnamon



a. Food Fact:

- Scientific studies indicate that a small amount of powdered cinnamon, consumed daily lowers blood glucose, cholesterol and triglycerides in people with diabetes. The active ingredient is not found in cinnamon oil (which can be toxic). A ¼ teaspoon per day serving is believed to be all that is needed for positive effects.
- There are two major species of cinnamon plants and the one studied and found to have the positive health benefits mentioned above, is cassia, the type sold in the United States. Most other cinnamons sold in Europe are of a different species. Cassia is reddish-brown, while true cinnamon is tan.
- Some animal studies indicate that cinnamon may protect against gastric ulcers.
- Cinnamon is rich in catechins (like tea), which are potentially health-protective compounds. This compound in cinnamon, is not as well studied as in tea, however.
- Some cinnamon folklore: cinnamon can sooth upset stomachs.

b. Food Product and/or Shopping Idea:

- Like most spices, cinnamon loses its punch with age, so replace it after about one year.
- Cinnamon goes well with apples, chocolate, and tea.
- Include a cinnamon stick in hot chocolate, apple cider, or mulled wine for an additional flavor.
- Top yogurt, sweet potatoes, cereal, oatmeal, or applesauce with powdered cinnamon.
- The world's highest quality cinnamon is Vietnamese cassia. Because of its significant strength, compared to other species, you will need only half the amount called for in most recipes.