

What's Your



Sweet, Sour, Salty, Bitter

When you think of your favorite food, what flavor does it have? When you reach for your favorite snack, what do you grab? Our bodies need a balance of all kinds of flavors. You can get a variety of flavors by eating an array of foods or by adding condiments to your food.

Using condiments is a great way to eat healthy foods while getting the flavor that you want. For example, you make a basic dish with brown rice. Sound boring? Add some excitement with condiments! What if you like a different flavor than your child likes? Do you have a hard time convincing your family to eat vegetables? There is an easy solution—provide a condiment tray for your family. This way each person can add the flavor THEY prefer instead of turning to the junk food. Some examples of healthy condiments are sea salt, pepper, mustard, raw honey, nut butters, gomasio (see recipe), Tamari soy sauce, coconut or olive oil, toasted sesame oil, spices, and apple cider vinegar. This is just a start-up list. You can mix and match and try new concoctions! Be creative and discover your flavor!



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Easy Recipe

GOMASIO

Grind equal parts of sea salt and sesame seeds (white or black) with a mortar and pestle or coffee grinder. Add to any vegetable dish. For a slight flavor twist, toast the sesame seeds first in a pan, then grind with salt.

Sea salt should be slightly moist and contain color. Pure white sea salt has been refined and is missing many of the minerals found in salt with color. Look for gray, brown, or pink salt.

**Black sesame seeds are useful for constipation and darkening premature gray hair.*