

MUSTARD

'The Ancient Spice'

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Mustard is one of the oldest recorded spices.

1. The Romans popularized mustard throughout Europe.
2. The Egyptians mixed it with vinegar, the French with grape juice and the English milled it to a powder.

What is in mustard?

The mustard seeds are rich in **omega-3 fatty acids**, and the leaves are rich in vitamin A, **anthocyanins**, and red-purple pigments, which give the antioxidant properties ¹.

This means the seeds and leaves protect our body cells, reduce the risk of cancer, and lower inflammation.

Anthocyanins provide red, purple and blue colors, and possess anti-inflammatory and antioxidant properties.

Omega-3 fatty acids are healthy fats that are essential to the human body. They are like vitamins, not synthesized in our body, and must be consumed through foods.

What do studies say about the health benefits?

Heart health: The **omega-3 fatty acids**, anthocyanins, and sulfur-containing compounds have the potential to reduce



inflammation and lower the risk of heart disease ².^{***}

Diabetes: Most of the benefits related to heart health and maintenance of normal blood sugar are from animal experiments^{3-5,6}.^{**} Further research on humans is needed to add to the evidence.

Arthritis: Application of mustard plaster among patients with osteoarthritis showed a significant reduction in pain and improved functionality.

The heat generated by the sulphur compounds loosens the muscles and relieves stiffness ⁷.^{**}

Research is ongoing to further support this evidence.

Strength of evidence

***** Strong ** Moderate * Basic**

How is Mustard used traditionally?

Mustard is widely used in seasoning and is known for its medical properties, offering relief in cough, cold, and joint pain. ⁸

How much mustard is safe to consume?

- The average daily consumption of fresh unprocessed ranges from 1/4 to 1/2 tsp as a condiment through a meal⁸.
- Culinary dosages are safe.
- The processed form of mustard, such as spreads, is high in salt content.
- Usage of supplements or concentrated extracts should be under your doctor's guidance.
- Functional foods, including mustard, are not meant to substitute for a healthy diet, nor should they be used to replace prescribed medication.
- Effects may vary from person to person.

How to use mustard?

- Mustard can be used as a spread in sandwiches.
- Mustard with oil and vinegar serves as an excellent salad dressing.
- It can elevate the taste of soups by adding a creamy flavor.
- Indian cooking splatters black mustard seeds in hot oil to add a nutty taste to rice, lentil, and vegetable preparations.

Resources

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