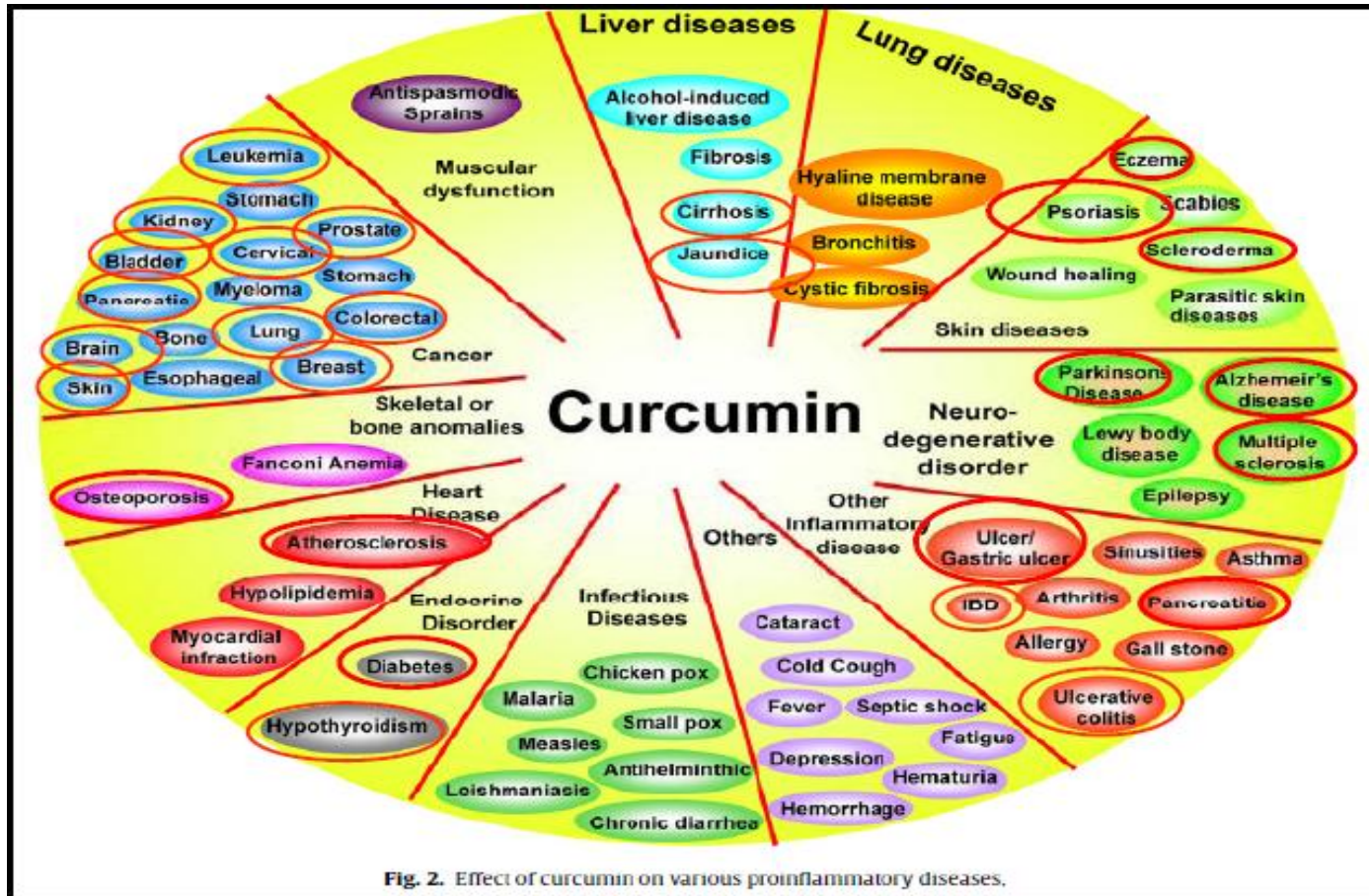


What is the difference

Curcumin, Turmeric, Curry and
Cumin?

Curcumin

- Chemical in the spice tumeric that has been shown to have a number of health benefits



Tumeric

What is it?

- Turmeric is a plant.
- It is a spice and has a warm, bitter taste and is frequently used to flavor or color curry powders, mustards, butters, and cheeses.
- The root of turmeric is used widely to make medicine.

Some Health Benefits

- Arthritis
- Heartburn
- Stomach pain & bloating
- Diarrhea
- Intestinal gas
- Liver problems
- Gallbladder disorders
- Headaches
- Bronchitis, colds, lung infections
- Fibromyalgia
- Water retention
- Alzheimer's disease
- Kidney problems

Curry Powder

What is it?

- A commercially prepared mixture of spices.
- ***Tumeric*** as the main spice in curry and is responsible for it's yellow color.



Curry

- “Curry” does not necessarily mean it contains curry powder.
- A generic term referring to a wide variety of dishes
- Their common feature is the incorporation of more or less complex combinations of spices and/or herbs, usually (but not invariably) including fresh or dried hot chillies.



Curry pastes contain aromatic spices and some contain curry or tumeric and some do not. Actually only the yellow curry paste contains “curry”. It gets its golden color from the ground turmeric mixed with dried red chili peppers.

The green curry paste contains Thai green chili peppers. The red curry paste contains red chili peppers. Both the green and yellow contain cumin, but that is not the same as curcumin .

CURRY PASTES

Cumin

- Cumin is a spice made from the dried seed of a plant that is a member of the parsley family
- Originated in Egypt.
- Cumin is used in Mexican, Middle Eastern and Indian cuisines, among many others.
- Cumin is a typical ingredient in [chili powder](#).
- Cumin is included in curry powder.
- May help control diabetes
- Aids in digestion
- Contains magnesium so may have heart health benefits.