

# AMERICAN SPICE TRADE ASSOCIATION, INC.

## SPICE LIST

### Spices

ASTA recommends that for the purpose of complying with FDA food labeling regulations (21 CFR Sec. 101.22), the following items may be declared in a product's ingredient statement either individually by its common or usual name or included under the term "spice" as permitted in 21 CFR Sec. 101.22(h). The spices on this list, and their derivatives (e.g. extracts and oleoresins), are considered by FDA to be generally recognized as safe (GRAS), or approved food additives (See 21 CFR Secs. 172.510, 182.10, and 182.20).

COMMON OR USUAL NAME(s)	PART OF PLANT	BOTANICAL NAME(s) OF PLANT SOURCE(s)
Allspice (Pimento)	Berry	Pimenta officinalis
Anise Seed	Seed	Pimpinella anisum
Star Anise	Fruit	Illicium verum Hook
Balm (lemon balm)	Leaf	Melissa officinalis L.
Basil Leaves (Sweet)	Leaf	Ocimum basilicum
Bay Leaves (Laurel Leaves)	Leaf	Laurus nobilis
Black Caraway (Russian Caraway, Black Cumin)	Seed	Nigella sativa
Camomile, English or Roman	Flower	Anthemis nobilis L.
Camomile, German or Hungarian	Flower	Matricaria chamomilla L.
Capsicums	Fruit	Capsicum spp.
Caraway Seed	Seed	Carum carvi Maton.
Cardamom <sup>1</sup>	Fruit	Elettaria cardamomum
Cassia/Cinnamon	Bark	Cinnamomum spp.
Celery Seed	Seed	Apium graveolens
Chervil	Leaf	Anthriscus cerefolium
Chives	Leaf	Allium schoenoprasum
Cilantro (Coriander Leaf)	Leaf	Coriandrum sativum
Cinnamon/Cassia	Bark	Cinnamomum spp.
Cloves	Bud	Syzygium aromaticum
Coriander Seed	Seed	Coriandrum sativum
Cumin Seed (Cummin)	Seed	Cuminum cyminum
Dill Seed	Seed	Anethum graveolens/Anethum sowa
Dill Weed	Leaf	Anethum graveolens/Anethum sowa
Fennel Seed	Seed	Foeniculum vulgare
Fenugreek Seed (Foenugreek Seed)	Seed	Trigonella foenum-graecum
Galangal	Root	Alpinia officinarum Hance
Ginger	Root	Zingiber officinale
Horseradish	Root	Armoracia lapathifolia Gilib.
Juniper	Berry	Juniperus communis
Lavender	Flower	Lavandula officinalis Chaix.
Mace	Aril	Myristica fragrans
Marjoram Leaves	Leaf	Majorana hortensis Moench
Mustard Seed	Seed	Brassica juncea/B. hirta/B. nigra
Nutmeg	Seed	Myristica fragrans
Oregano Leaves	Leaf	Origanum vulgare/Lippia spp.

Paprika	Fruit	Capsicum spp.
Parsley (Dehydrated Parsley, Parsley Flakes)	Leaf	Petroselinum crispum
Black Pepper	Berry	Piper nigrum
White Pepper	Berry	Piper nigrum
Green Peppercorns	Berry	Piper nigrum
Pink Peppercorns	Berry	Schinus terebinthifolius
Peppermint Leaves (Peppermint Flakes)	Leaf	Mentha piperita
Poppy Seed	Seed	Papaver somniferum
Rosemary Leaves	Leaf	Rosmarinus officinalis
Sage Leaves	Leaf	Salvia officinalis/Salvia triloba
Savory Leaves	Leaf	Satureia montana/Satureia hortensis
Sesame Seed <sup>1</sup>	Seed	Sesamum indicum
Spearmint Leaves (Spearmint Flakes)	Leaf	Mentha spicata
Tarragon Leaves	Leaf	Artemisia dracunculus
Thyme Leaves	Leaf	Thymus vulgaris/Thymus serpyllum/Thymus satureioides
Vanilla Bean	Fruit	Vanilla planifolia/Vanilla tahitensis Moore

**Dehydrated Vegetables Used As Spices**

Because, in addition to their use as spices (e.g. granulated or powdered onion and garlic), these items are traditionally regarded as foods, they shall be declared by common or usual name consistent with 21 CFR Sec. 101.22(a)(2):

COMMON OR USUAL NAME(s)	PART OF PLANT	BOTANICAL NAME(s) OF PLANT SOURCE(s)
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Garlic	Bulb	Allium sativum
Onion	Bulb	Allium cepa

**Spices Used As Color Additives**

Consistent with 21 CFR Sec. 101.22(a)(2), the following spices, which can be used to impart color as well as flavor, shall be declared as “spice and coloring” or declared individually by common or usual name:

COMMON OR USUAL NAME(s)	PART OF PLANT	BOTANICAL NAME(s) OF PLANT SOURCE(s)
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Annatto Seed	Seed	Bixa orellana
Paprika	Fruit	Capsicum spp.
Saffron	Stigma	Crocus sativus
Turmeric	Root	Curcuma longa

FOOTNOTE:

<sup>1</sup>Must be listed by specific form (i.e., natural or hulled).

**Revised April 2012**

**Approved by ASTA Board of Directors/Government Relations Committee April 2012**