

Friday 13 April 2018

## **MEDIA RELEASE BACKGROUND: GUT-FRIENDLY FOODS KEY IN THE FIGHT AGAINST WINTER BUGS**

Interested in how Accredited Practising Dietitians look after their health over winter? We've asked a few to share their immunity-boosting nutrition tips:

My favourite flu-fighting winter routine is drinking a nutrient-packed smoothie every day! I make sure to include leafy greens, vitamin C rich fruit (kiwi) and a load of antioxidant rich spices: turmeric, cinnamon, ginger, that help me say "see ya, flu – there's no time for you!". – *Joyce Haddad, Accredited Practising Dietitian*

During winter I 'major in the micros' - that is, the micronutrients (vitamins and minerals) to boost my immunity. Zinc is a key for me. For a healthy boost, I ramp-up my use of fish and legumes, like kidney beans, in my curries and soups, and throw some extra seeds into my breakfast. Zinc is important for healing. – *Simone Austin, Accredited Practising Dietitian*

I opt for a warming, delicious and nutrient-filled soup. My favourite is chicken and vegetables, which is filled with zinc, vitamin C and A. It helps to keep my immune system strong, and my body hydrated and fighting fit! - *Ashleigh Feltham, Accredited Practising Dietitian*

Foods rich in antioxidants, vitamin C and beta-carotene, such as cabbage, broccoli, pumpkin, sweet potato, and spinach, have immune-boosting power so I pack them on my plate during winter. During colder months, I also drink more green tea as it is packed with antioxidants (and keeps me warm!). - *Rajshri Roy, Accredited Practising Dietitian*

I add miso to winter soups, just before eating. Not only does it contain probiotics, but it adds a lovely depth of flavour. I also include more antioxidant-rich garlic in my cooking and eat foods rich in vitamin C (like citrus, kiwi fruit, strawberries, broccoli, cauliflower, brussels sprouts and capsicum) and zinc (like oysters, pumpkin seeds or pepitas, cashews, sesame seeds and baked beans). - *Caroline Trickey, Accredited Practising Dietitian*

Exercising in the cold can be challenging but it can also boost your mood. Make sure to hydrate yourself afterwards, as water is needed in lymph fluid – which is part of your immune system and can help fight off illness. - *Anika Rouf, Accredited Practising Dietitian*