



Winter

Tis the season of sniffily noses and sore throats! One of the best ways to avoid getting sick this winter is eating well.

Ok so there are no magic foods (or supplements) that can stop you from getting a cold or flu but we do know that eating a variety of different nutritious foods can help the immune system do its job. Nutrients known to support immune function are: Vitamin C, Vitamin A, folate and zinc.

- ½ a red capsicum OR one orange provides your daily vitamin C needs.
- 1 cup of rockmelon or pumpkin provides you with Vitamin A.
- Add ½ cup of cooked broccoli to your dinner for folate.
- Load up on your baked beans, cashew nuts or lean red meat for zinc.

The micronutrients in these foods make them far more effective than any supplement.

Let food be thy medicine!!

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