



### Ginger

Ginger has been harvested in places such as India, Asia and the Caribbean for over 5,000 years. Being high in vitamins and minerals such as vitamin C, magnesium and potassium, it is a natural preventative for the common winter cold and flu.

The soothing aromas of ginger also make it a natural stomach calmer. Products such as ginger beer, dried ginger and ginger flavoured lollies are commonly used in people who suffer from nausea and stomach upsets.

Ginger is a versatile spice that can be used in all sorts of recipes from sweet dishes to Asian stir fries to add flavour. Look for shiny, firm roots with a strong aroma. For convenience, they now make ginger in a pre chopped and packaged form which can be found in the fruit and vegetable section of your supermarket.

***VIS Sports Dietitian, Kylie Andrew***