

# Staying healthy in winter



During the winter months, it is important to keep active but even more important to eat healthily to avoid getting sick. Proper nutrition is necessary for maintaining good health, and if you do get a cold or the flu, your diet becomes even more essential in helping you to achieve a speedy recovery. It's critical that necessary vitamins and minerals be included in your daily diet to help you rebuild your strength.

## Liquids

Liquids are important during the colder months so hydrate with water as well as real fruit juices like orange juice, grapefruit, and apple cider which offer calories and nutrients. Choose hot liquids such as tea with lemon for cold nights and, if you add a little honey, it will also coat a scratchy throat.

## Easily digestible protein

Getting enough protein is important whether you are sick or healthy, because it strengthens your body. If you don't have the energy to cook, choose easily digestible proteins that take little or no time to prepare such as eggs, cottage cheese, fish, chicken, nuts, and beans.

## Flavonoids in citrus fruit

The soft skin found on oranges, grapefruit, lemons, and limes contain flavonoids, which increase immune system activity. This is important for keeping healthy in winter.

## Yoghurt

In a German study, the probiotics in yoghurt were found to shorten colds and flu by almost two days. Choose ones that contain the bacterial strains *Lactobacillus casei* or *Lactobacillus reuteri*, since these two are the ones linked to improving immune response.

Greek yoghurt is a great option since most contain at least 10g of protein per serving.

## Infection-fighting glutathione

Glutathione is a powerful antioxidant that fights infection. It's found in the red, pulpy fruit of the watermelon, and also cruciferous veggies like broccoli, collard greens, kale, and cabbage.

## Foods rich in vitamins B6 and B12

Vitamins B6 and B12 are healing nutrients, and foods that are high in protein are often great sources of B vitamins. Get your fill of fish, milk, nutritional yeast, fortified soy milk and cereals, potatoes, spinach, and turkey.

## Soups and broth

Clear broths like chicken soup and vegetable broth will keep you hydrated. Soups that contain chunks of vegetables, wholegrains like barley, and some kind of lean protein like beans, will offer vitamins and nutrients to help your body fight infection. The hot liquids will also warm your body if you have the chills, and relieve congestion.

A well-nourished immune system is better able to fight off infections. Make sure your diet is filled with a variety of food, colourful fruits and vegetables, and legumes that are high in phytochemicals, which are natural food components that have health-boosting properties.

**In addition, get to bed early and aim for seven to nine hours of sleep to get your body through winter.**