



HEALTHY BITES

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Five tips for healthy hibernation this winter

Here are our top five tips to keep well when the weather outside is frightful.

1. Stay active

When the weather gets nasty, try mixing it up with some fun indoor activities! Trampolining, home exercise routines, yoga, indoor rock climbing, YouTube dance classes, Ninja Warrior-style obstacle courses and trapeze classes are all fun and (mostly) dry activities for winter time. An umbrella or raincoat and waterproof shoes will keep you comfy while you keep doing your everyday stuff like walking the dog and catching public transport.

2. Immune boosting foods

Our immune system is a beautiful and complicated thing – there's no simple trick to "boosting" it! Making sure you eat a wide variety of foods from the five food groups is the best way to make sure everything is in top shape. Pay particular attention to getting enough:

- ▲ Vitamin C - it's in most fruit and veg
- ▲ Zinc - it's in most animal products and many nuts and seeds
- ▲ Iron - it's in meat, beans, lentils and spinach

If you're low in any of these, winter bugs may be harder for your body to fight. Eating real food is the first line of defence – save the supplements for a diagnosed deficiency.

3. Keep fluids up

Feeling hot is often a trigger for us to drink, but it's just as important to stay hydrated when it's cold. Keep a bottle in sight to remind yourself to drink water throughout the day. And remember that soups and cuppas count towards your fluid intake too!

4. Get some sun

We tend to get less sunlight on our skin in winter, which can lead to less production of vitamin D – crucial for bone health and general health. But remember it's still possible to get sunburned in winter! When the UV Index is below three, roll up your sleeves and spend some time outside in the sun. For extra vitamin D benefits, get moving outdoors.

5. Hygiene

Being vigilant about hygiene will reduce your risk of catching something and help stop the spread of germs.

- ▲ Wash your hands regularly, and particularly before preparing food
- ▲ Cough and sneeze into a tissue or your elbow
- ▲ Throw snotty tissues in the bin straight away
- ▲ Avoid sharing cups and cutlery
- ▲ If you're sick, stay home and keep the germs to yourself

CREAMY CAULIFLOWER SOUP

Prep: 10 min

Cook: 25 min

Serves: 6

Ingredients

- ▲ 1 head cauliflower
- ▲ 3 medium potatoes, peeled and diced
- ▲ 1 large onion, diced
- ▲ 2 cloves garlic, crushed
- ▲ 1 L salt-reduced chicken or vegetable stock
- ▲ 500 mL water
- ▲ 500 mL reduced-fat milk
- ▲ pepper, to taste
- ▲ chives, chopped, to serve
- ▲ 6 wholegrain dinner rolls, to serve

Method

1. Roughly chop cauliflower, including stalk to no larger than 1 cm cubes.
2. Add to a large pot with potato, onion, garlic, stock and water. Place over high heat, bring to the boil then simmer over medium heat, covered, for 20 minutes until cauliflower stalk is tender.
3. Remove from heat, add 400mL milk and puree with a stick blender or in batches in a food processor. If desired, stir through more milk for a thinner consistency.
4. Ladle soup into bowls, season with pepper, sprinkle with chives and serve with a dinner roll.

NOTE: Not suitable to freeze.

VARIATION: For a spicy version, replace onion with a diced leek and cook with garlic in olive oil spray until softened. Add a teaspoon of curry powder or 2 teaspoons of ground cumin and cook off for a minute until fragrant before adding remaining soup ingredients.



Keep snacks like nuts, fruit, crackers and tuna handy wherever you tend to feel snacky – at home, at work or when travelling in the car. This will help stop you from grabbing something less healthy to snack on.