



Click on these links for some great winter recipes:

[Salmon](#)

[Winter squash](#)

[Carrots](#)

[Berries](#)

[Apples](#)

Keep your family nourished this winter!

When the temperature drops and the days become shorter, it can be hard to keep energy levels high and mood boosted! Not only can food act as a source of warmth and comfort, it can also provide essential nutrients to **boost the immune system**.

VITAMIN C is an antioxidant and is also important for iron absorption. Citrus fruits, strawberries, peppers, dark green vegetables are rich sources of Vitamin C. Try these combinations to boost Vitamin C e.g. beef and pepper stir-fry, orange juice and breakfast cereal, lentil and broccoli salad.

ZINC is important for a healthy immune system. It is found in red meat, poultry, beans, nuts and wholegrains. Boost your zinc intake by choosing whole grain products like whole wheat breads and brown rice rather than white varieties.

BETA CAROTENE, or Vitamin A, is important for eye health, the immune system and cell regeneration. It is found in carrots, cantaloupe, winter squash, and other red and dark green fruits and vegetables. A great way to include it is by indulging in all the hearty winter produce like squash, pumpkin and carrots!

POLYPHENOLS are important for digestion, and the prevention of degenerative diseases like heart disease and diabetes. Tea, berries, vegetables like carrots, broccoli, onions, and whole grains like rye are rich sources. Aim for 5 portions of fruit and vegetables every day, and add spices to foods to boost your polyphenol intake.

PROBIOTICS are “good” bacteria which are important for a healthy gut which is very important for nutrient absorption and the immune system. They are found in fermented foods like kefir, kombucha, yogurt and yeast. Try adding kefir, soft cheeses, and other naturally fermented foods to your diet.

NOVEMBER

KEEP YOUR KIDS HAPPY, HEALTHY AND FULL OF ENERGY THIS WINTER!

For fun, kid-friendly recipes visit

<http://www.bettertogetherbc.ca/recipes>

[HTTPS://WWW.BBCGOODFOOD.COM/RECIPES/CATEGORY/FAMILY-KIDS](https://www.bbcgoodfood.com/recipes/category/family-kids)



SEEK SUPPORT

FROM A DIETITIAN NEAR YOU:

www.dietitians.ca/find

References:

Retrieved from the academy of Nutrition and Dietetics: <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/best-winter-foods-for-kids>

<https://ods.od.nih.gov/HealthInformation/dictionary.aspx>

<https://www.dietitians.ca/Your-Health/Nutrition-A-Z/Children.aspx>

