

MINUTE NUTRITION NEWS

November 2018

Top Five Nutrients to Fight The Cold

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Be proactive and strengthen your immune system this season with good and strong nutrition. Read about the top nutrients that can help you fight that dreadful cold and get ideas for nourishing foods to include in your meals this season.

1. Beta-Carotene

Beta-carotene is the nutrient that gives the orange and yellow colours to vegetables like pumpkin, squash, and sweet potatoes. It serves two functions. First, it can convert to vitamin A in your body to help regulate the immune system. Second, it can act as an antioxidant to fight off disease at the cellular level.



2. Vitamin C

Unlike popular belief, taking large amounts of vitamin C does not actually help with preventing the common cold. However, it may play a role in reducing the duration of colds once you have it. Vitamin C is also an antioxidant like Vitamin A and plays a part in keeping our immune cells strong and healthy. Eat foods rich in vitamin C such as kiwi, oranges, strawberries, cabbage, broccoli, bell peppers and spinach.

3. Zinc

Protein foods are good sources of zinc, a nutrient required for a healthy immune system. Make sure you have enough zinc in your diet by including a source of protein with each meal and snack. Lean meats, poultry, fish and seafood (particularly oysters) are great options. In addition, pumpkin seeds, legumes (such as beans and lentils), peanuts, cashews, almonds, milk and eggs are good sources as well.



4. Vitamin D

Vitamin D plays a key role in regulating our immune system and fighting inflammation in our bodies. In Canada, it is particularly difficult to get enough Vitamin D in winter time without adequate sunlight. Food sources are also limited to fortified dairy products and margarines, egg yolks and fatty fish. In addition, people over age 50 have decreased absorption of this nutrient. Speak with your Nurse Practitioner or Registered Dietitian to see if you may benefit from taking a supplement.

5. Probiotics

Probiotics can play an important role in our health and immune system. These good bacteria, called probiotics, promote a healthy functioning gut that can keep out harmful organisms from entering our body through our intestines. Probiotics can be found in fermented foods such as probiotic yogurts, kefir, and sauerkraut. You can also speak to your Nurse Practitioner or Registered Dietitian to discuss supplement options.



Recipe of the month

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Spicy Chicken and Squash Stew

Makes 4-6 servings



Ingredients:

2 tbsp	Paprika	2	Small onions, sliced
1 tsp	Dried thyme	2	Garlic cloves, minced
1 tsp	Dried mustard	1 tbsp	Gingerroot, minced
½ tsp	Cayenne pepper	1 can (14oz)	Diced tomatoes, no salt added
½ tsp	Ground cloves	2 tbsp	Brown sugar
¼ tsp	Salt	1 tbsp	Soy sauce, low sodium
¼ tsp	Ground black pepper	1	Butternut squash, peeled and cubed
3	Chicken legs, separated into thighs and drumsticks	1 bunch	Spinach
2 tbsp	Olive oil	¼ cup	Parsley

Directions:

1. In a small bowl, combine paprika, thyme, mustard, cayenne pepper, ground cloves, salt and pepper. Rub evenly over chicken.
2. In a nonstick skillet, heat oil over medium heat. Brown chicken and set aside on a plate.
3. Clean skillet and heat olive oil over medium high heat. Add onions, garlic, and ginger. Cook until soft, about 5 minutes.
4. Add tomatoes, brown sugar, soy sauce and ½ cup of water. Bring to a boil.
5. Add chicken and any juices back into skillet. Add squash. Cover and bring to a boil. Once boiling, reduce to medium heat and simmer for 35 minutes.
6. Add spinach and parsley. Cover and cook for 5 more minutes.

Recipe adapted from Foodland Ontario

Nutrition information (per serving):

410 calories, Fat 17g (23% DV), Saturated Fat 4g (20%), Protein 35g, Carbohydrate 30g, Fibre 6g (21%), Sodium 350mg (15% DV), Potassium 1087mg (23% DV)