

Healthy Living Focus Winter Wellness: Part 1!



Hello and welcome to this week's healthy living focus, in this edition we are taking a look at winter wellness. we will focus on tips we can all try to improve our diet in winter, tips to make sure we get enough vitamins, boost immunity, and look at ways to increase seasonal veggies in the diet. This weeks recipe is using perfect winter veggies, and is great for those cold winter nights!

Boost immunity

Eating plenty of vitamin C can help to keep nasty bugs and viruses at bay, which is particularly essential at this time of year!
Why not try juicy clementines, tangerines or satsumas?
Other citrus fruits such as white grapefruit also contain a high amount of vitamin C.

Vitamin D rich food

Foods like salmon, tuna, mackerel, milk and cereals are the best sources of vitamin D

let's put the kettle on!

drinking tea and coffee can be the perfect winter warmer. but did you know swapping to camomile or fruit teas can provide you with antioxidants which can help to fight off illnesses and inflammatory diseases?



Root vegetables are high in potassium- and can easily be added to meals to boost your vegetable intake for the day!

Healthiest Winter Veggies!

- ✓ Kale
- ✓ Parsnips
- ✓ Swiss Chard
- ✓ Radishes
- ✓ Brussel Sprouts
- ✓ Carrots
- ✓ Red Cabbage
- ✓ Butternut Squash
- ✓ Leeks

Home made winter warmers

Shop bought soups, stews and ready meals are often high in salt, fat and calories.

Make your own using in season root vegetables, such as swede, carrots, leeks, and sweet potatoes.

Not only is home made healthier, it will also save pennies!

Healthy Living Goal

How many of our healthy winter veggies can you fit into your meals this week?



- ✓ Visit <https://onbetterliving.com/winter-wellness-tips/> for top tips on all things well being in winter.

RECIPE OF THE WEEK

Spicy Root Casserole



Ingredients

Spray oil

1 onion, chopped

2 garlic clove, crushed

700g potatoes, peeled and cut into chunks

4 carrot, thickly sliced

2 parsnip, cut into chunks

2 tbsp curry powder

1 litre/1¾ pints reduced salt vegetable stock

100g dried red lentils

a small bunch of fresh coriander, roughly chopped

low-fat yogurt

wholemeal pitta to serve (optional)

Method

1. Spray a large pan with a little oil and cook the onion and garlic over a medium heat for 3-4 minutes until softened.
2. Tip in the potatoes, carrots and parsnips, turn up the heat and cook for 6-7 minutes, or until the vegetables are golden, stirring often.
3. Stir in the curry powder, pour in the stock and then bring to the boil.
4. Reduce the heat, add the lentils, cover and simmer for 20 minutes until the lentils and vegetables are soft and the sauce has thickened.
5. Stir in 3/4 of the coriander, season and heat for a minute or so. Top with yogurt and sprinkle on the remaining coriander.
6. Serve with a toasted pitta bread, or enjoy on its own!

Healthy Living Tips

- You can add many different root vegetables to this dish. How about diced swede, chunks of butternut squash, or sliced leeks? (add at step 2)

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at

healthyliving@nortonhousingandsupport.org.uk

