

Cold Comfort

Say goodbye to winter sniffles, coughs and colds with Christine Bailey's delicious immune boosting recipes – perfect for getting your kids cooking with parents or grandparents in the kitchen.

Many of us dread the cold months, especially those of us with young children, who seem much more prone to catching any cold going. The good news is that the healthier you are, the better you are at fighting infection and this is the perfect time to focus on boosting your child's immune health.

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In order to work effectively, your immune system needs to be nourished with essential nutrients. If the body is deficient in any of these immune-boosters there are certain tell-tale signs.

Antioxidants such as vitamin C are one of the first things people think of when it comes to coughs and colds and low levels can exacerbate your susceptibility. For example, if you are lacking in vitamin A you may be inclined to have more infections, mouth ulcers or dry skin but the truth is there are a whole range of nutrients needed for immune health including vitamin B6,

vitamins C, E and A, zinc, selenium, iodine, iron, essential fats, probiotics and vitamin D. Adequate protein is also essential so include plenty of fish, eggs, poultry, lean meat, beans, nuts and seeds in your child's diet.

For your immune system to work optimally it needs to be protected from anti-nutrients. Cut back on saturated fats (found in dairy foods, pastries, processed meats), sugary foods, drinks and caffeine (found in tea, coffee, energy drinks and chocolate).

Include plenty of fish, eggs, poultry, lean meat, beans, nuts and seeds

Not sure what to eat?

Getting your kids to enjoy healthy food can be a challenge so why not get them cooking with you in the kitchen?. Not only will it encourage healthy eating habits but practical cooking skills too. Whatever your child's age there is something for them to help with – try these delicious winter warming ideas.



TIME FOR A NUTRITIONAL MOT?

www.advancenutrition.co.uk

Good health is not simply an absence of disease, but a state of being that enables you to live life to the full. So this is the perfect time to get a HEALTH MOT check up to ensure that you and your family are eating right and keeping healthy for the year ahead. Christine Bailey based in Reading offers nutritional consultations to help you optimise your health and help you enjoy your fitness programme. As part of the consultation Christine will undertake a bioimpedance assessment to monitor internal health - levels of muscle mass, body fat and the health of cells are measured which can provide you with a good index of overall health and fitness. Suitable for children, adults, athletes and anyone keen on improving their health.

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ADVANCE NUTRITION

Christine's winter warming recipes to cook with the kids!



Apple and Berry Crisp

This delicious warming dessert is bursting with antioxidants from the berries and plenty of essential fats, protein and minerals to support immune health. Manuka honey is a well known immune booster or use agave nectar for a low sugar option. Serve hot.

Serves 6

50g (2oz) rolled oats
6tbsp wheatgerm
30g/1oz/¼cup chopped almonds
4tbsp sesame seeds
4tbsp hulled hemp seeds
2 tbsp olive oil
2 tbsp Manuka honey or agave nectar
3 eating apples, cored and finely chopped
300g blueberries or frozen mixed berries
2tbsp apple juice

1. Preheat the oven to 200°C, 400°F, gas mark 6.
2. Mix the oats, wheat germ, almonds, oil, seeds and honey in a large bowl.
3. Place the apples, berries and juice in a baking dish. Sprinkle over the topping and press down lightly.
4. Bake in the oven for 25-30 minutes until golden on top.

How your child can help:

- This recipe is simple enough for older children to make completely themselves (with supervision)
- Younger children can place the berries, apples and juice into the baking dish.
- Older children can cut up apples (supervise)
- Younger children can mix together the topping ingredients in a bowl
- Encourage children to weigh ingredients with you and count the tablespoons as you add them to the bowl
- Supervise placing the dish in the oven – remind them of safety around the oven, use of oven gloves etc



Bean, Chestnut and Vegetable Soup

A flavoursome sweet soup, combining antioxidant rich vegetables and protein rich chestnuts. A great source of

soluble fibre to aid digestion and full of anti-viral and antibacterial properties great for the immune system.

Serves 4

1 red onion, chopped
2 cloves garlic, chopped
2 carrots, chopped
2 sticks celery
3tsp marigold bouillon powder low salt dissolved in 600ml water
4 shiitake mushrooms, sliced
200g (7oz) cooked and peeled chestnuts (vacuum packed)
1 x 400g can cooked butterbeans, drained (no added salt)
Chopped parsley to serve

1. Place the onion, garlic, carrots, celery in a pan with the bouillon liquid and simmer for 15 minutes.
2. Add the mushrooms, chestnuts and beans and simmer for a further 10 minutes.
3. Puree the soup with a hand held blender until smooth. Season with black pepper and serve with some chopped parsley.

How your child can help:

- Young children can help you puree the soup with a hand blender, slice mushrooms with a blunt knife (or scissors) and pour in vegetable stock
- Show your child how to peel garlic cloves and use a garlic press
- Encourage older children to cut onions, carrots, celery safely with a sharp knife (supervise)