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# Winter Warmers for Good Health

## Health benefits of popular stew & soup ingredients

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When the sun has gone, and left us all dried out like prunes, we quickly turn to woolly jumpers and open fires. But as the weather beckons us toward inside events alongside warm open firesides, it is important to keep our focus on healthy living. Our lip skin is often the first sign that winter is coming with sore and chapped lips closely followed by colds and sore throats if we are not careful. So .....stay healthy and cosy up together with some of these healthy food ingredients for radiant body and skin. Get out that slow cooker and fill it up.....

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**Beef** : the main benefit being protein, beef is also an excellent source of vitamins B12+6, and minerals zinc, selenium, iron; and niacin. Beef is possibly effective in contributing to weight loss regimes and building muscle.

**Chicken:** another abundant source of protein and phosphorous with only half the saturated fat of red meat. Again a good food for building muscle.

**Tomatoes:** a real superfood rich in antioxidants, betacarotene and carotenoids so contributing to healthy skin, a healthy heart and even weight loss.



**Carrots:** A great source of Vitamins A, K and several B vitamins, potassium and carotenoids. A great antioxidant, carrots are proven to

lower the risk of cancer and heart disease (lowers cholesterol), and improve eye health, and skin. The carrot is thought to be valuable in weight loss attempts too. While **Parsnips** are high in soluble fibre and a great thickener and natural sweetener for soups and broths.



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**Onions:** rich in in Vitamins C, B9,6 and potassium; this powerful little antioxidant has a great anti-inflammatory effect too. The onion is linked to reducing the risk of some cancers, improved bone health and lowering blood sugar levels. **It is NOT to be used by those following a low FODMAP diet.**



**Garlic:** potent medicinal properties are associated with this little white bulb. It is rich in Vitamins C, B6 and manganese and may help to reduce the severity of colds and flu (though more research is needed). It also helps to reduce bad cholesterol (LDL) levels and reduce high blood pressure, as well as being a powerful

antioxidant so is great for its anti-ageing properties too. **NOT to be used by those following a low FODMAP diet.**



**Potato:** mainly a carbohydrate so care is required with unstable blood sugar levels e.g. in those with diabetes. It is a great source of Vitamin C, B6, potassium and folate when the skin is left in situ. It may reduce

the risk of heart disease through its impact on helping to lower blood pressure.

**Celery:** celery juice is known to be very low in calories, have a strong anti-inflammatory and flavonoid impact along with reducing oxidative stress so protecting cells and may facilitate a reduced blood pressure.

**So go on! Tuck in and have a warm, well, winter**

