

Nutritional needs in winter: boost immunity!

By OSCAR Hospitality Lead Dietitian, Ella Monaghan

As winter approaches as does the likelihood of catching the common cold or flu, as we know how easily the germ joy can be spread from person to person.

It is important to understand the difference between what is considered a cold, versus the flu.

Cold: A cold is caused by a virus and typically lasts for about 1 week. Symptoms of a cold many include coughing, sneezing, sore throat, nasal congestion, headache or a runny nose.

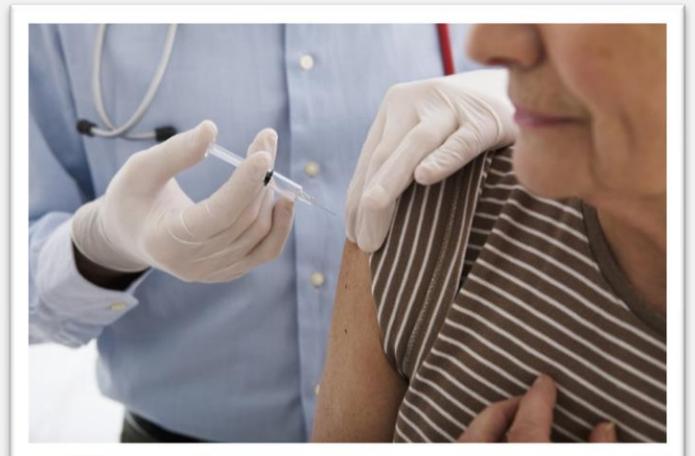
Flu: The flu is also caused by a virus and will result in you feeling much sicker compared to the cold. The symptoms of a flu may include fever, chills, fatigue, aches/pains, headache and nausea.

How to avoid the flu

The most effective way to reduce the likelihood of yourself, residents or staff coming down with the flu this winter is to make sure that everyone is vaccinated. Please speak to your GP or local pharmacist for further information.

Making sure that you're eating a nutritious diet will help to fuel the body with the nutrition it needs to help bounce back to a full recovery if cold or flu hits.

It is best to obtain vitamins and minerals from food rather than supplements that you might find in the chemist or supermarket as the nutrients in food are better absorbed and contain plenty of other beneficial nutrients.



Foods to help fight cold and flu

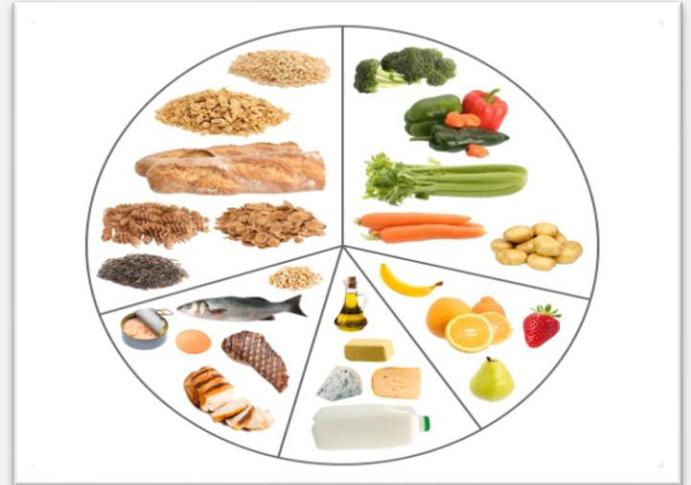
Eat from the 5 food groups: Make sure that you are eating fruits, vegetables, protein (meat, chicken, seafood, nuts/seed, legumes, tofu, eggs) and carbohydrates (brown rice, wholemeal pasta, noodles, wholemeal/multigrain bread).

See the [Australian Guide to Healthy Eating](#) which outlines how many 'serves' of each food group you should eat each day.

Vitamin C: Many fruits and vegetables contain a source of vitamin C which helps to keep your immune system strong to fight infection. Sources of vitamin C includes:

- Capsicum
- Broccoli
- Kiwi Fruit
- Oranges
- Strawberries
- Pineapple

Garlic: Garlic contains a compound Allicin which has been shown to help prevent against cold & flu.



References:

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Need help with immunity boosting meal ideas?

This article was written by Ella Monaghan, Oscar Hospitality Lead dietitian. Please contact OSCAR Hospitality's Dietitians via our contact details below.



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