

10 healthy eating tips for winter

WINTER IS A GREAT TIME TO CREATE NEW HEALTHY HABITS. HERE ARE SOME EASY IDEAS TO HELP YOU GET STARTED.

1

Make over your mash

A bowl of mashed potatoes is the ultimate comfort food on a cold winter's night. We've given it a better-for-you-twist, made with no butter or cream. To do it, boil 4 large potatoes - you can peel them first, or leave the skin on for added fibre - until tender, then drain and return to the pan. Lightly mash, then add 1/3 cup to 1/2 cup of buttermilk, depending on how creamy you like it. Season and stir in some chopped chives, then serve with extra chives on top.

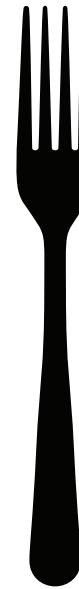


2

Load up on greens

It's not just an old saying - eating your greens really is good for you! Not only are green vegetables a good source of vitamin C, but cruciferous varieties such as broccoli, cauliflower, kale and brussels sprouts also contain folate. Folate is a B-vitamin which supports immunity plus reduces fatigue, to help boost your body's natural defences.

Words Gina Flaxman & Sarah Geelan Photography Ben Dearnley, Chris Court & iStock Styling Lucy Busuttli, Michelle Noerianto, Vivien Walsh, Julz Beresford, Steve Pearce & Bhavani Konings Food preparation Harriet Davidson, Theresa Klein, Maxwell Adey & Emma Braz *healthdirect.gov.au/foods-high-in-vitamin-d



3

Portion your plate

While we tend to load up on hearty foods in winter, it's important to divide your plate into healthy portions for total energy balance. Go for one-quarter protein, one-quarter carbs and the remaining half a mixture of vegetables and fruit. To boost your veg intake, try adding extra vegetables to soups or serving rich hearty stews or sauces with zucchini noodles.



4

Don't forget vitamin D

Our vitamin D levels can drop a little in winter when we're spending more time indoors and less time in the sun. While sunlight is one source of vitamin D, oily fish including salmon, as well as eggs, are some of the best food sources of this nutrient*. Enjoy 2-3 serves of oily fish each week, and make eggs a regular on your brekkie menu.



5

Try a tray bake

We love a good roast in winter, and here's a fuss-free idea: get all of your ingredients on the one tray and let your oven take care of the rest. Use lean chicken thigh fillets, skinless chicken breast fillets or lean meatballs, then add veggies cut into similar sized pieces. Sprinkle with dried herbs. Bake at 200°C for 30-40 mins or until the protein is cooked through and vegetables are tender. Season with black pepper. →



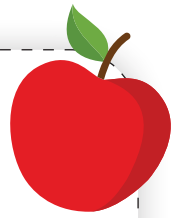


6

Eat more soups

A steaming bowl of soup is a warming winter staple and it's also a great way of increasing your protein and fibre intake. Add lean chicken, legumes, whole grains like barley and any extra greens in your crisper and you have a healthy, hearty meal that's great for freezing. Remember to use salt-reduced versions of ingredients too, such as stock and canned beans or lentils. For a nourishing soup that's a source of protein and fibre, as well as containing 3 serves of veggies, check our recipe for hearty vegetable and lentil soup at coles.com.au/vegandlentilsoup.

7



Treat yourself

Of course, it's important to enjoy occasional treats in winter, including dessert! For a light treat, try baking chopped apple, pear and rhubarb at 200°C until tender and the fruit releases its juice. Serve warm with natural yoghurt and sprinkle with toasted flaked almonds.



8

Have a healthy hot drink

It's tempting to warm up with hot chocolate drinks and creamy chai lattes in winter. While these can make great treats, for a low sugar and saturated fat alternative, brew yourself a cup of mint or green tea. You can add flavour boosters too, such as fresh ginger, lemon or orange slices and aromatic whole spices – think cinnamon and star anise. →



9

Snack on citrus

There's an abundance of sweet citrus fruits on offer in winter. They make a delicious and nutritious snack, too. Imperial mandarins are easy to peel and great for lunch boxes and when you're on the go, while oranges are perfect sliced on a plate sprinkled with pomegranate seeds for a simple treat.



TRY THESE TOO

Put your best foot forward this winter with these buys from Coles.

Coles Perform Portuguese Style Chicken 330g has a 4.5 Health Star Rating.



Serve stews, stir-fries or curries with Coles Kitchen Cauliflower Rice 300g.



Try gluten-free Wellness Road Organic Black Rice Noodles with Chia 225g in winter soups.



Great in noodle bowls, Coles Nature's Kitchen Firm Tofu 450g is a source of protein and fibre.



10

Fill up on oats

A warm and hearty breakfast is an excellent start to the day and oats are an ideal winter brekkie: they're rich in fibre plus low GI, so they release energy slowly to keep you feeling fuller for longer. Whip up a bowl of porridge, then top with tasty additions such as unsalted nuts, fresh berries, sliced apple, reduced-fat milk and unsweetened yoghurt - you'll thank yourself for it later! ●



The Coles Health Hub

To help you make better lifestyle choices and to make this winter your healthiest yet, head to Coles Healthier Living. This online hub contains helpful tips and ideas to eat and live well, including wholesome recipes. Plus, you'll also find heart-healthy ideas from the Heart Foundation. Go to coles.com.au/healthier-living to get started.