



Winter Newsletter

Compiled by Annelie Smith
Consulting Dietician
BSc Med Hon Clin Diet (UCT)

Consulting Rooms: 8 Ringwood Drive, Pinelands, Tel 021 531 8302 cel 0824575701 www.anneliesmith.co.za

In This Issue:

Immune System and Nutrition
Nutritional Supplements for winter
Winter recipes and Book review.



Boost your immune system

My Top Diet tips to boost your immune system this winter:

- ❖ Increase your intake of vitamin A and "carotenoid" rich foods which includes butternut, carrots, pumpkin, broccoli, chili and winter fruit such as paw paw. Use these in delicious soups, roast vegetables, stir fries and stews or a great morning fruit salad.
- ❖ Increase intake of vitamin C and "vitamin C-like nutrients" found in the citrus fruits that is

in season now. Other food high in vitamin C is sweet potato, potato, berries, pomegranate and broccoli

- ❖ Eat lots of chili (e.g. Tom Yum soup, curries etc. Chili contains Capsaicin which not only reduces pain, but its peppery heat also stimulates secretions that help clear mucus from your stuffed up nose or congested lungs
- ❖ Add Ginger to your stir fries, soups and tea which boosts your immune system
- ❖ Eat **Omega 3** fatty acids which elps to balance the immune system by acting as an anti-inflammatory and help restore the normal cell function on a cellular level. (good sources are any oily fish such as Pilchards and Salmon)

Improve your Nutrition, Energy and Health!

This winter make an appointment with me to:

- ❖ Loose weight
- ❖ Improve your energy levels,
- ❖ Boost your immune system*improve your body's ability to endure stress,
- ❖ Improve problems with digestion*(e.g. Irritable Bowel syndrome),
- ❖ Prevent or treat **any chronic illness.**

Consultations charged at medical aid rates

Take some good quality supplements like:

- ❖ **Rhodiola Rosea** which enhances the body's defense system against any form of stress and also increases the energy levels during stressful periods.
- ❖ **Echinacea**, (make sure to find an organic form of Echinacea) also known as the American coneflower or purple coneflower, has a long history of traditional use by the American Indians for its immunological and wound-healing benefits. It functions on a genetic level in they body increasing the body's ability to fight viral attacks and reducing levels of inflammation
- ❖ Vitamin C (especially made from food extracts) Don't take more than 500mg at a time as the body will not absorb it.
- ❖ A good multivitamin (see below)
- ❖ Omega 3 supplement (NOT omega 6 or 9) if you don't eat fish 2-3 times per week.

Supplementation Guide

Instructions for Taking vitamins to boost immune system

Daily routine:

1 capsule (300mg EPA & DHA) omega 3 per day
1 tablet Nutrilite Daily multivitamin per day
1-2 tablets Rhodiola Rosea per day (depending on energy levels)

When cold / flu symptoms start / you are exposed to someone with flue , do the following for 2-5 days :

1. Take 2-3 capsules Omega 3 (balances immune system and fights inflammation)
2. Vitamin C : Take 250mg 3-4 x daily. (Helps body to destroy viruses)
3. Echinacea : take 2-3 tablets per day (preferably morning and evening)

Take 1 tablet per day when exposed to people with cold / flu / viral infections or when it is important not to get sick e.g before an important sports event, traveling or important work event.

Don't continue longer than 2 weeks at a time.

(Echinacea improves the body's own ability to fight illness and has an anti-inflammatory response)

4. Rhodiola Rosea 1-2 per day :

Nutrilite "Winter pack "

Fight colds and flue while also protecting your body against development of more serious chronic illness

Vitamin C PLUS (50 tablets) R121
(contains 250mg vitamin C per tablet and vitamin C like nutrients from **acerola cherry extract and citrus extracts**)

Echinacea plus (30 tablets) R116
(contains **citrus extracts**)

Omega 3 Complex (30 tablets) R131
Rhodiola Rosea (60 tablets) R305
Daily multivitamin (30 tablets) R 137
(Contains 11 essential vitamins and 8 essential minerals plus 8 food extracts such as Spinach, **carrot**, alfalfa, **broccoli**)

Double X multivit / mineral (183 tablets)R611



Why Nutrilite?

The Nutrilite supplements are made to the highest pharmaceutical standards which means that the the amounts of nutrients stated on the labels are guaranteed and the metabolism and absorption of tablets are optimal

Nutrilite supplements contain added food extracts derived from plants grown on organic farms. This makes the supplements unique in that it contains "extra nutrition" and supplies complete nutrition for optimal function in the body. For more information go to www.nutrilite.com

For more information about purchasing Nutrilite supplements contact Annelie on 021 5318302 or 0824575701 email annelie@anneliesmith.co.za

WINTER RECIPES

Immune boosting soups

The secret to thick and satisfying low-fat soups is to purée the vegetables with the broth after cooking. If you also add a little low-fat milk, you can enjoy wonderfully creamy low-fat soups that make perfect cold-weather lunches. One of my favorites is this broccoli soup which is hearty, nutritious and delicious. Plus, its fresh green color reminds me that spring is not too far away. Enjoy this broccoli soup with some warm whole-grain bread.

Ingredients that will be great to use to boost your immune system is Broccoli, leeks, parsley, carrot, tomato, basil, butternut, citrus, sweet potato and mushrooms.

Broccoli soup

Ingredients:

2 tsp olive oil
1/2 medium onion, finely chopped (about 3/4 cup)
1 stalk celery, finely chopped
1 medium potato, peeled and cubed
4 cups fresh broccoli, including stems, chopped
2 cups low-sodium, fat-free chicken or vegetable broth
1 1/2 cups nonfat milk

Preparation:

Heat oil on medium heat in a soup pot or Dutch oven. Gently sauté onion and celery for 3-4 minutes, until onion is softened. Add potato and chopped broccoli, followed by the broth and milk. Bring to a boil, then reduce heat, cover and simmer for 20 minutes, until vegetables are tender. Allow soup to cool slightly, then transfer to a blender in 2-3 batches, and blend until smooth. Return soup to pot and heat gently until ready to serve. **Serves 6.**

Per Serving: Calories 88, Calories from Fat 16. Total Fat 1.8g (sat 0.3g), Cholesterol 1mg, Sodium 83mg, Carbohydrate 13g, Fiber 3.1g, Protein 4.9g



TANDOORI FISH WITH MANGO RAITA

Tandoori hake served on a roti with mango raita

Serves: 4

Preparation Time: 35 minutes

Cooking Time: 12 minutes

Total Time: 47 minutes

Oven Temperature: Maximum Grill

Ingredients

4 portions of Sea Harvest Hake Medallions
2 tablespoons (30ml) tandoori paste
1/2 cup fat free yoghurt
2 hot naan breads or roti's

Mango Raita

Flesh of one mango, finely chopped
Small handful of fresh coriander leaves, finely chopped
1 green chilli, finely chopped
Fresh mint leaves, finely chopped
1/2 cup low fat yoghurt
1/2 cup chopped cucumber, finely diced

Method

Preheat the oven to maximum grill
Combine the tandoori paste and yoghurt and marinate the fish for 30 minutes
In the meantime make the mango raita by mixing all the ingredients together.
Grill the fish for 10 to 12 minutes.
Serve on a roti with the mango raita.



Pear-cranberry strudel

The beauty of phyllo dough is that it's low fat, has no saturated or trans fat, and no cholesterol, making it a terrific alternative to regular pastry. It's light, crisp and flaky, and so long as you use butter-flavored cooking spray between layers rather than real melted butter, it's a perfect low fat choice for pies, tarts and, of course, strudels.



Prep Time: 15 minutes **Cook Time:** 25 minutes **Total Time:** 40 minutes

Ingredients:

2 ripe pears, peeled, cored and chopped
2 tsp lemon juice
1/2 cup dried cranberries
1 tablespoon sugar
1/2 tsp cinnamon
1/4 tsp nutmeg
6 sheets 9-inch by 14-inch phyllo dough, thawed
Butter-flavored cooking spray

Preparation:

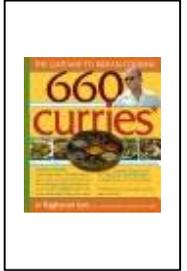
Preheat oven to 350 degrees. Spray a cookie sheet with nonstick cooking spray or lay a silicone baking mat inside.

Place chopped pears in a medium bowl with lemon juice, cranberries, sugar, cinnamon and nutmeg. Stir well.

Place one phyllo sheet on cookie tray and spray with butter-flavored cooking spray. Repeat with next four sheets. Lay final sheet on top. Spoon filling along length of dough sheets, leaving a border of at least 1 inch from the edges. Tuck in the short ends and roll the strudel. Bake seam side down for 25 minutes or until golden. Serves 4.

Per Serving: Calories 168, Calories from Fat 12, Total Fat 1.4g (sat 0.3g), Cholesterol 0mg, Sodium 83mg, Carbohydrate 37.6g, Fiber 3.3g, Protein 1.5g

Book review: 660 Curries



Curry is Salmon with Garlic and Turmeric. Curry is Grilled Chicken with Cashew-Tomato Sauce. Curry is Asparagus with Tomato and Crumbled Paneer. Curry is Lamb with Yellow Split Peas, Chunky Potatoes with Spinach, Tamarind Shrimp with Coconut Milk, Baby Back Ribs with a Sweet-Sour Glaze and Vinegar Sauce, Basmati Rice with Fragrant Curry Leaves. Curry is vivid flavors, seasonal ingredients, a kaleidoscope of spices and unexpected combinations. And *660 Curries* is the gateway to the world of Indian cooking, demystifying one of the world's great cuisines.

Presented by the IACP award-winning Cooking Teacher of the Year (2004), Raghavan Iyer, *660 Curries* is a joyous food-lover's extravaganza. Mr. Iyer first grounds us in the building blocks of Indian flavors—the interplay of sour (like tomatoes or yogurt), salty, sweet, pungent (peppercorns, chiles), bitter, and the quality of unami (seeds, coconuts, and the like). Then, from this basic palette, he unveils an infinite art. There are appetizers—Spinach Fritters, Lentil Dumplings in a Buttermilk Coconut Sauce—and main courses—Chicken with Lemongrass and Kaffir-Lime Leaves, Lamb Loin Chops with an Apricot Sauce. Cheese dishes—Pan-Fried Cheese with Cauliflower and Cilantro; bean dishes—Lentil Stew with Cumin and Cayenne. And hundreds of vegetable dishes—Sweet Corn with Cumin and Chiles, Chunky Potatoes with Golden Raisins, Baby Eggplant Stuffed with Cashew Nuts and Spices. There are traditional, regional curries from around the subcontinent and contemporary curries. Plus all the extras: biryanis, breads, rice dishes, raitas, spice pastes and blends, and rubs.

curry, n.—any dish that consists of either meat, fish, poultry, legumes, vegetables, or fruits, simmered in or covered with a sauce, gravy, or other liquid that is redolent with any number of freshly ground and very fragrant spices and/or herbs.