

- Nutrition / Immune system

COOK, EAT, ENJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

These nutrient-rich foods are proven to support your body and immune system at this time of the year.

- **APPLES** – Rich in gut-loving pectin
- **CARROTS** – Packed with beta-carotene
- **EGGS** – Filled with the mood-boosting nutrient choline
- **SALMON** – A good source of omega-3 fatty acids
- **KALE** – High in fibre
- **RED CABBAGE** – Rich in antioxidants
- **WALNUTS** – A source of plant-based omega fats
- **BETROOT** – Source of folate
- **BRUSSELS SPROUTS** – Rich in vitamin K
- **ONIONS** – Heart-healthy veg compounds

SEASONAL BOOST

10 winter heroes