



Wellbeing

Eating for Immunity

Eating well - Boosting immunity through food

It's no secret that stress and anxiety has an impact on our bodies and immune systems; excess levels of stress can produce hormonal changes that can actually lower our resistance to colds and infection. Whilst sometimes the things causing us stress can feel out of our control, we can take steps to protect ourselves and manage the symptoms of stress. One of those steps is to eat well.

Every choice we make when it comes to what we put in our bodies, has the ability to influence our biology. For example, we can actively boost our ability to fight back against colds and flu.

It's so easy to get lost in a sea of 'healthy-living' jargon, with words like anti-oxidants, phytochemicals, micronutrients, refined or unrefined being thrown around, but what does it all really mean?

When we get ill, our bodies create molecules to fight it off, but sometimes these molecules can do damage. We also create anti-oxidant molecules to counteract this, but only if we eat well!

Essential nutrients include: Zinc, Selenium, Vitamins A, C, D and E.

Zinc	Selenium	Vitamin A	Vitamin C	Vitamin D	Vitamin E
Ginger root	Brazil nuts,	Liver	Cherries	Sunshine!	Sunflower
Beef steak	Apple cider	Carrots	Red peppers		seeds
Lamb chops	vinegar	Kale	Kale		Almonds
Pecans	Scallops	Sweet potato	Broccoli		Peanuts
Split Peas	Prawns	Spinach	Leeks		Olive Oil
Brazil nuts	Oats	Chives	Sprouts		Spinach
Eggs	Crab	Squash	Cauliflower		Asparagus
Oats	Cod	Red peppers	Oranges		Salmon
Peanuts	Brown rice	Melon	Strawberries		Brown rice
Butter beans	Turnips	Butter	Spinach		Carrots
Almonds	Garlic	Apricots	Lemon juice		
Chicken		Nectarines	Grapefruit		
Sardines		Parsley			

By combining healthy foods, creating colourful plates and having balanced combination of nutrients, protein, natural carbs and healthy fats, we are equipping our bodies with a better chance of staying strong.

You can find more information with Simply Health on [immune boosting foods](#) and [food types](#) in the attached articles.



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Recipes



Porridge with Blueberry Compote

In this recipe from BBC Good Food, you are combining oats, full of fibre, with the smooth creaminess of Greek yoghurt for a beautiful bed ready for your blueberry topping. Buying frozen blueberries will help to cut the cost down for this recipe. Serves 2.

Ingredients

- 6 tbsp porridge oats
- 90ml 0% fat Greek style yoghurt
- 175g frozen blueberries
- 1tsp honey (optional but adds a little sweetness)

Time: 5 mins prep, 5 mins cook

Method

1. Put the oats in a non-stick pan with 400ml water and cook over the heat, stirring occasionally for about 2 minutes until thickened. Remove from the heat and add a third of the yogurt.
2. Meanwhile, tip the blueberries into a pan with 1 tbsp water and the honey if using and gently poach until the blueberries have thawed and they are tender, but still holding their shape.
3. Spoon the porridge into bowls, top with the remaining yogurt and spoon over the blueberries.

This is a recipe taken from the [BBC Good Food website](https://www.bbcgoodfood.com/recipes/porridge-with-blueberry-compote).



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Recipes



Spring Vegetable Broth with Shredded Chicken

As we approach the colder months of the year, you may be looking for something a little more soothing. This broth is both great for winter months or spring! If you're looking to make the recipe more affordable why not substitute borlotti beans for butter beans. Add a small portion of brown rice to bulk it out. Serves 2.

Ingredients

- 1 tbsp olive oil
- 1 large chicken breast, skin on
- 500ml chicken stock
- 1 slice bread cut into cubes
- 2 tbsp grated parmesan
- 2 large handfuls of spring greens, finely sliced
- 4 asparagus spears, trimmed, halved and cut into chunks
- 40g frozen peas
- 400g can borlotti beans, drained and rinsed

Time: 10 mins prep, 10 mins cook

Method

1. Heat oven to 200C/180C fan/gas
2. Put the bread cubes on a baking tray. Drizzle with the remaining oil, some salt and the Parmesan. Bake for 6 mins until crunchy and golden. Remove and scrape off the tray onto a plate.
3. Remove the chicken from the pan and slice it. Bring the stock to the boil again and add the greens, asparagus and peas. Cook for 1 min, then add the beans and chicken. Heat everything through, then pour into bowls and top with the Parmesan toast to serve.
6. Heat 1 tsp of the oil in a pan, brown the chicken, then remove. Bring the stock to the boil in the same pan, add the chicken and cook for 5 mins. Turn off the heat, cover with a lid and leave to stand for 30 mins.

This is a recipe taken from [BBC Good Food](#).



Wellbeing Recipes



Super Spinach Pancakes

This colourful meal is a fantastic offer for either brunch or dinner! Taken from Jamie Oliver's recipes, he suggests any leftover batter can be kept in the fridge for another serving during the week. Feel free to get creative with your toppings. Serves 6.

Ingredients

- 1 ripe avocado
- 350g mixed-colour cherry tomatoes
- 100g spinach
- 3 spring onions
- 15g (half a bunch) fresh coriander
- 1 lime
- Olive oil
- 1 large egg
- 1 cup self raising flour
- 1 cup semi-skimmed milk
- 300g cottage cheese
- Hot chilli sauce

Time: 5 mins prep, 15 mins cook

This is a recipe taken from the [Jamie Oliver website](#)

Method

1. Halve, destone, peel and finely slice the avocado and quarter the tomatoes, then place in a salad bowl with a quarter of the spinach.
2. Trim, finely slice and add the spring onions and pick in the coriander leaves, then squeeze over the lime juice. Drizzle with 1 tablespoon of olive oil, season to perfection with sea salt and black pepper, toss to coat and put aside.
3. Crack the egg into a blender, add the flour, milk, remaining spinach and a pinch of salt and pepper, then blitz until smooth. Place a large non stick frying pan on a medium heat, rub the pan with a little olive oil, then pour in a thin layer of batter, swirling it up and around the edges. Cook on one

side only for 2 minutes, or until lightly golden, then stack up on a serving plate and repeat.

4. Top each pancake with dollops of cottage cheese, the avocado salad, and a few good shakes of chilli sauce. Really nice served with extra lime wedges for squeezing over, and a fried egg on top, if you fancy.

EASY SWAPS

- Instead of spinach you could use watercress, rocket, kale, or even a mixture of soft herbs, such as parsley, mint, basil or tarragon, whatever you like!
- I've used cottage cheese here, but mozzarella, halloumi, or a crumbling of feta cheese would all be delicious, too.



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Recipes



Veggie Tofu Stir-fry

This vegetarian delight is great for a balanced and healthy dinner. Favour-packed, it is brilliantly simple and beats using a pre-made stir fry sauce. Serves 2.

Ingredients

- 2 tbsp cashew nuts
- 3 tbsp sesame seeds
- 175g pressed/firm tofu (try to press wet tofu for at least 30 minutes)
- 1 tsp cornflour
- Vegetable oil
- Runny honey
- 2 cloves of garlic
- 5cm piece of ginger
- 5 spring onions
- 2 red chillis (optional)
- 1/2 head of broccoli
- 1/2 red pepper
- 4 baby sweetcorn
- 80g tinned or frozen sweetcorn
- 1 lime
- Low-salt soy sauce

Method

1. Place a frying pan or wok over a high heat. Add the cashew nuts, then 30 seconds later add the sesame seeds. Toss for a further 30 seconds until golden, then tip into a bowl.
2. Cut the tofu into cubes, then place in a bowl and dust with the cornflour and a pinch of sea salt and black pepper.
3. Add a good lug of oil to the pan or wok and place back over a medium-high heat. Fry the tofu until golden and crisp, then scoop it out of the pan with a slotted spoon and set aside on a plate lined with kitchen paper. While it's still warm, drizzle with honey and scatter over the nuts and seeds.
4. Peel and slice the garlic and ginger, then trim and slice the spring onions on an angle. Slice the chillies (if using), cut the broccoli into florets, then slice the pepper. Halve the sweetcorn lengthways.
5. Return the pan to a medium heat and add the garlic, ginger, spring onions and chillies (if using). Stir-fry for 30 seconds, or until the garlic turns golden.
6. Add your vegetables and stir-fry for a further 4 minutes. Squeeze in the juice from half the lime and add a splash of soy sauce.
7. Tip the vegetables into bowls, top with the crispy tofu and serve with the remaining lime wedges and some chilli sauce, if you like extra heat.

This is a recipe taken from the [Jamie Oliver website](#)



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Recipes



Chicken, Sweet Potato and Coconut Curry

This is a great mild curry to suit the whole family - children through to grandparents! Why not serve this with a handful of brown rice or indian breads to bulk the meal out more. Vegetarians can swap the chicken for a meat supplement. Serves 4 (2 adults, 2 children).

Ingredients

- 1 tbsp sunflower oil
- 2 tsp mild curry paste
- 2 large boneless, skinless chicken breasts, cut into bite-size pieces
- 2 medium sweet potatoes, peeled and cut into bite-size pieces
- 4 tbsp red split lentils
- 300ml chicken stock (or vegetable stock)
- 400ml can of coconut milk
- 175g frozen peas

Method

1. Heat the oil in a deep frying pan or wok, stir in the curry paste and fry for 1 minute. Add the chicken, sweet potatoes and lentils and stir to coat in the paste.
2. Pour in the stock and coconut milk. Bring to the boil, then simmer for 15 minutes.
3. Tip in the peas, bring back to the boil and simmer for a further 4-5 minutes. Season to taste before serving.

Time: 5 mins prep, 25-35 minute cook time

This is a recipe taken from the [BBC Good Food](https://www.bbc.com/food/recipes/chicken-sweet-potato-coconut-curry) website.