



# STUART'S FOODS



FAST FRESH FOODSERVICE

*Welcome to Stuart's Foods November Newsletter*

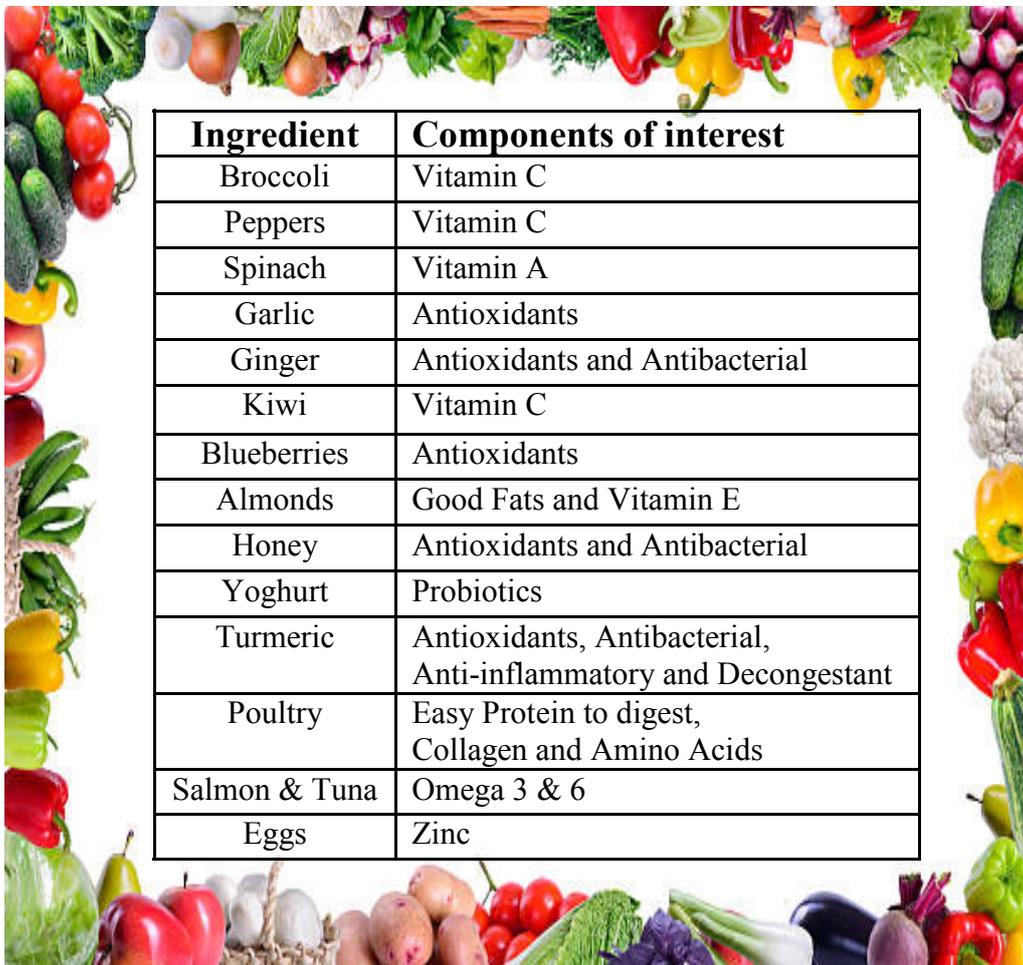
## **Pack a Punch in your Lunch**

This month we are looking at foods that can help fight those winter germs and keep you fighting fit.

Below we have listed some powerful ingredients and what they contain which can help you survive this winter.

Looking at the following tables you can see why it is important to eat a balanced diet at this time of the year, Vitamin C is always advised to support the immune system, but it is equally important to supply the body with all the other components to help it fight and recover quickly from any viruses it might encounter.

It is also important to keep yourself hydrated as water is key in fuelling the body as well as flushing the bodies systems. It is also advisable to avoid sugary/sports drinks as the sugar can aid the bad bacteria to survive.



<b>Ingredient</b>	<b>Components of interest</b>
Broccoli	Vitamin C
Peppers	Vitamin C
Spinach	Vitamin A
Garlic	Antioxidants
Ginger	Antioxidants and Antibacterial
Kiwi	Vitamin C
Blueberries	Antioxidants
Almonds	Good Fats and Vitamin E
Honey	Antioxidants and Antibacterial
Yoghurt	Probiotics
Turmeric	Antioxidants, Antibacterial, Anti-inflammatory and Decongestant
Poultry	Easy Protein to digest, Collagen and Amino Acids
Salmon & Tuna	Omega 3 & 6
Eggs	Zinc

Components	Why is it good at this time of the year?
Vitamin C	Boost immune system
Vitamin A	Repair tissue
Vitamin E / Antioxidants	Protects body tissue from free radicals (germs) which can harm cells.
Antibacterial	Protect the body from harmful bacteria
Anti-inflammatory	Reduce inflammation in the body
Decongestant	Reduce congestion in the respiratory system
Collagen	A Protein which is used in soft tissue
Amino Acids	The building blocks of proteins and cells
Zinc	Needed to allow the immune system to work properly and in the healing process
Good Fats/Omega 3&6	Reduce inflammation and help the body function.
Probiotics	Help keep you intestines healthy



# Recipe Ideas

<b>Stir Fry</b>	Stir fries are a quick, simple and tasty way of including multiple ingredients. Why not try a Chicken, Broccoli, Peppers, Garlic and Ginger in a stir fry for a quick vitamin, antioxidant and antibacterial hit.
<b>Quick Breakfast/ Pudding/Snack</b>	Blueberries, Kiwi, Yoghurt and a drizzle of honey would be a perfect breakfast. pudding or snack. Getting a great hit of vitamin C from the Kiwi fruits which contain more vitamin C than orange. Also a great supply of probiotics, antioxidants and antibacterial.
<b>Chicken marinated in yoghurt and turmeric</b>	Mix turmeric, ginger and garlic with yoghurt and marinate the chicken in it for an hour before cooking. You could also add other flavours like lemon or lime, coriander or chilli. Serve with broccoli, Spinach and rice for a healthy tasty meal full of goodness.

