

Healthy from the Inside Out



There are a number of things that impact our immunity but the key ones are: how we deal with stress, what we eat, and the quality of our sleep. Focus on these 3 as the first step rather than defaulting to supplements immediately.

Managing stress

Managing our stress levels is key to staying healthy and well. Here are some ways you can manage your stress:

- **Get social!** When you're stressed, your body's mechanism is to release oxytocin – the friendly hormone – to encourage you to reach out to someone. Maybe to get support, or even to give support. Research shows this rapidly decreases our own stress levels.
- **Frame stress as a positive, not a negative!** When you're stressed, your heart rate and blood pressure increases. This increase in blood flow stimulates your brain and primes you to be in the best physiological position to deal with whatever might be stressful.
- **Get moving!** Regular, small bouts of activity ("snacktivity") radically reduce our stress levels and regularly pump feel-good hormones through our body.
- **Enjoy a 10-30 second cold shower!** Feel alive and reinvigorated with this interesting way to build resilience toward stress.

If you are chronically stressed, have a heart condition, abnormal blood pressure, are over 50, or have any other medical concerns, it is best to check with your doctor first before trying this.

Get the nutrients you need to support your immune system

Iron

Iron helps our immune system work properly. We get iron from a variety of animal and plant foods. Some foods may be fortified with iron. Iron from animal products is most easily used in our bodies however eating foods high in vitamin C with a meal containing plant-based iron-rich foods may help our body absorb it better.

How much do you need?

Teenage girls	15mg/day
Teenage boys	11mg/day
Adult women (pre menopause)	18mg/day
Adult women (post menopause)	8mg/day
Adult men	8mg/day
Pregnant	27mg/day
Breastfeeding	10mg/day

Food sources

6 mussels	6mg
100g tofu	5.4mg
1/4 cup pumpkin seeds	3.7mg
150g lean rump steak	3.5mg
45g fortified cereal	3.0mg
1 cup wholemeal pasta	2.7mg
1 cup steamed spinach	2.7mg
1/2 cup cooked red lentils	2.3mg
1/4 cup sunflower seeds	1.8mg

1/4 cup roasted cashews	2.3mg
1/2 cup oats	1.8mg
1/2 cup red kidney beans	1.6mg
1/2 cup chickpeas	1.6mg
1/2 cup frozen peas	1.3mg
2 small eggs	1.3mg
1 cup light soy milk	1.3mg
2 slices wholegrain bread	1.1mg
100g chicken thigh	1mg

Zinc

Zinc is used to build enzymes, support our immune function, build DNA, and support growth and development. Zinc deficiency can cause loss of appetite, poor growth, loss of hair, a poorly functioning immune system (leading to constant illness), poor wound healing and changes in taste sensation.

The 2008/9 New Zealand Adult Nutrition Survey found nearly 40 per cent of men and 11 per cent of women don't meet their recommended dietary intake (RDI) for zinc.

How much do you need?

Adult women	8mg/day
Adult men	14mg/day
Pregnant	11mg/day
Breastfeeding	12mg/day

Food sources

3 fresh oysters (45gm)	13mg
100gm beef steak	4mg
1/2 cup mussels	2mg
100gm chicken breast	1.5mg
1 cup chickpeas	1.5mg
2 tablespoons roasted peanuts	.5mg

2 slices of grainy bread	1mg
1 cup milk	1mg
2 eggs	1mg
1/2 cup cooked rice	1mg
2 tablespoons pumpkin seeds	2mg
2 tablespoons cashews	1mg



Vitamin C

Vitamin C supports the immune system by acting as an antioxidant, neutralising free radicals from causing oxidative damage in the body. It is a water soluble vitamin therefore passes through the body quite easily and is not stored. For this reason vitamin C should be consumed regularly. There is an increased requirement for vitamin C in those with increased oxidative damage such as endurance athletes or smokers.

How much do you need?

Adult women	75mg/day
Adult men	90mg/day
Pregnant	85mg/day
Breastfeeding	120mg/day

Food sources

Half a cup red capsicum	95mg
3/4 cup orange juice	93mg
1 orange	70mg
1 kiwifruit	64mg
1/2 cup green capsicum	60mg
1/2 cup cooked broccoli	51mg
1/2 cup fresh strawberries	49mg
1/2 cup cooked sprouts	48mg
3/4 cup tomato juice	33mg
1/2 cup cooked cabbage	28mg
1 medium baked potato	17mg
1/2 cup cooked spinach	9mg



Vitamin D

Vitamin D has many roles in the body including supporting the immune system. Vitamin D is a fat-soluble vitamin that is naturally present in a few foods, added to others, and available as a dietary supplement. It is also produced endogenously when ultraviolet (UV) rays from sunlight strike the skin and trigger vitamin D synthesis.

How much do you need?

Adult women	600IU/day
Adult men	600IU/day
Adult women >70 years	800IU/day
Adult men > 70 years	800IU/day

Food sources

1 tbsp Cod liver oil	1360IU
85g Rainbow Trout	645IU
85g Salmon	570IU
1/2 cup UV exposed mushrooms	366IU
1 cup fortified milk	120IU
2 Sardines	46IU

1 egg	44IU
85g liver, beef	42IU
85g tuna in springwater	40IU
40g cheddar cheese	17IU
1/2 cup portabello mushrooms	4IU
85g chicken breast	4IU

Fibre

Fibre is essential to feed our healthy gut microbiota and allow them to produce short chain fatty acids that keeps the environment of our gut healthy and strong. Fibre also gives the gut a 'workout' as it passes through making it less susceptible to becoming 'leaky' and letting bacteria and pathogens through into our blood stream that could harm us.

How much do you need?

































Adult women	28g/day
Adult men	38g/day

How much fibre is in that?

Use the guide below to amp up your fibre intake!
Wholegrains and legumes are great ways to boost the fibre in your meals.

Women = 28g
Men = 38g

What's my minimum daily requirements for disease prevention?

BREAKFAST	 Frozen Berries 1/2 cup = 4g	 Banana 1 med = 2g	 Baked Beans 1/2 cup = 7g	 Weet-Bix 2 bricks = 3.5g	 Wholegrain Oats 1/2 cup = 6g	 Wholegrain Cereal 3/4 cup = 6g	 Chia Seeds 1 tbsp = 4g	 Soy Linseed Bread 2 slices = 5.5g
LUNCH	 Salad Greens 1 cup = 1g	 Avocado 1/4 med = 2g	 Mixed Seeds 2 tbsp = 2g	 Vita Wheat 9 Grain 4 crackers = 3g	 Ryvita 2 crackers = 3g	 Pear 1 med = 4g	 Four Bean Mix 1/4 cup = 7g	 Wholemeal Wrap 1 wrap = 2.5g
DINNER	 Potatoes 2 small = 2.5g	 Kumara 1/2 cup = 3.5g	 Quinoa (cooked) 1 cup = 4g	 Brown Rice (cooked) 1 cup = 3g	 Lentils (cooked) 1/2 cup = 3.5g	 Chickpeas (cooked) 1/2 cup = 6g	 Vegetables (cooked) 1 cup = 5g	 Wholemeal Pasta (cooked) 1 cup = 6g
SNACKS	 Dried Figs 2 = 4.5g	 Low-fat Hummus 3 tbsp = 3g	 Almonds 20 nuts = 3g	 Apple 1 med = 3.5g	 Peanut Butter 1 tbsp = 3g	 Carrot & Celery Sticks 1 cup = 2.5g	 Plain Popcorn 2 cups = 3g	 Psyllium Husk 1 tbsp = 5g

Improve your sleep

Getting 7-9 hours of good quality sleep is also very important for our immunity. Here are some tips to sleep well at night:

- Wake up and go to bed at the same time: set an alarm to go to bed, and another to wake up
- Limit caffeine to the morning; try not to drink alcohol every night or late at night
- Promote sleepiness by surrounding yourself with dim lights and no devices for an hour before bedtime
- Reduce your core body temperature by having a hot shower or leaving a window open at night

Immune check list

IMMUNE FUNCTION CHECK LIST	MON	TUE	WED	THU	FRI	SAT	SUN
I've eaten iron containing foods today							
I've eaten zinc containing foods today							
I've eaten vitamin C containing foods today							
I've eaten vitamin D containing foods or spent 15 mins out in direct sunlight today							
I've eaten fibre rich foods with my meals today							
I've done at least one thing to manage my stress today							
I've done at least one thing to improve my sleep today							

Create a healthier life with Claire Turnbull's *wellbeing planner*



Create positive changes that last.

If you want to make it easier to live a healthier life, boost your mood and create new healthy habits to help you keep on track, Claire's planner is what you need!

The planner has been specifically designed without dates so you can start using it whenever you like! It is the perfect size to fit in your bag and with its beautiful cover, it is both stylish and durable.



- ✓ Daily and weekly planners
- ✓ Weekly challenges focused around nutrition, exercise, sleep and mental wellbeing
- ✓ Goal setting and tracking
- ✓ Space for your TO DO list and notes pages
- ✓ Healthy habit reminders
- ✓ Healthy recipes
- ✓ Inspirational quotes
- ✓ Mindfulness exercises
- ✓ Gratitude reminders
- ✓ Undated so can be started at any time



[Click here](#) for more information and to order your planner

🌿 **Do you struggle to get a good night's sleep?
Wake up feeling tired and not refreshed?**

These eye masks are the answer!

These amazing sleep masks are padded, with a soft, smooth outer fabric. They provide 100% light blackout, which is great for sleep quality. 3 colours available. **[Click here](#)** to find out more!



🌿 **Keen for 1:1 support?
My team can help!**

Mission **Nutrition**
Dietitians & Nutritionists



Mission Nutrition are a team of qualified and experienced dietitians and nutritionists who have the knowledge and skills to help you get results so you look and feel your best.

There is so much conflicting information out there when it comes to nutrition. We cut through the confusion and find solutions that are right for you.

- Personalised, realistic nutrition advice to suit your lifestyle
- Evidence-based
- Holistic: how you sleep, move and think all impact your wellbeing
- Behaviour-change focus, rather than templated generic meal plans
- Empowering you to make changes that can last

If you have health insurance, check your policy as you might be able to claim back the cost too!

For more information visit www.missionnutrition.co.nz