

Keeping Well when Life is Busy



There are a number of things that impact our immunity but the key ones are: how we deal with stress, what we eat, and improving our gut health. Focus on these three as the first step rather than defaulting to supplements immediately. Also remember to stay hydrated, keep moving, and prioritise quality sleep!



Nourish your body with food

While we enjoy food for what it is, what we eat eventually makes it to our cells to power everything our body does. What we eat, matters! Absorption of nutrients happens in the intestine, so the health of our gut is important too. Eat a well-balanced diet, that contains enough vegetables, protein and check how much iron, Vitamin C, Vitamin D and Zinc you are getting to support a healthy immune system.



Improve gut health

The microbiome that lives in your large intestine is like the guide and trainer of your entire immune system. Because that's where the largest number of bugs live. If our gut is healthy, our immune system will be strong.

Try these tips to improve your gut health:

- Fibre - increase the amount of plant foods you consume each week (aim for 30+ different types!) Aim for 2 serves of fruit & 5+ serves of veg a day.
- Fermented foods - try small amounts (start with 1-2 tsp per day and gradually increase) of kefir, probiotic yoghurt, kimchi, kombucha



Drink 2-3 litres of water a day

1. Start early with fluid intake - have a large glass or two
2. Use a water bottle and keep it topped up when you're on the go
3. Have water accessible and in sight - try keeping a jug in the fridge

Improve Your Sleep



Expose your eyes to natural light in the morning

This helps to regulate your wake and sleep cycles. Try eating breakfast outside or have an early morning walk without your sunglasses on. At lunch time also aim to get outside.



Aim to get at least 7-9 hours sleep each night.

Keeping to a consistent bed time and wake time is really helpful.



Get your room right for sleep.

Try to keep your bedroom around 18 degrees, make it as dark as possible, and use an alarm clock rather than relying on your phone. [A great eye mask can help too!](#)



Minimise screen and device use before bed.

Reduce blue light exposure and mental stimulation. Instead try reading, meditating, listening to a podcast.



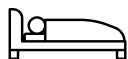
Be informed not consumed.

Manage the amount of bad news you tune into and focus on looking for the good in the world.



Clear your head.

Write things down before you go to bed to get things out of your head. Ideally do this in a room that isn't your bedroom so you don't associate your bed room with your brain dump/download.



If you wake in the night, be sure not to check the time!

Get out of bed and go to another room where it is dark, read or do something relaxing. Return to bed when you're sleepy.



Check your alcohol intake and caffeine fix.

Too much can compromise the QUALITY of your sleep. Aim for less than [400mg caffeine](#) per day and try decaf or herbal tea in the afternoon. If you want to drink alcohol in the evening, the guidance is to stop four hours before bed.

NUTRITIOUS staples

SUPER-QUICK meal ideas

PANTRY

- Pasta
- Rice
- Canned fish
- Canned pulses + beans - lentils, chickpeas, black beans, cannellini beans, red kidney beans
- Canned tomatoes + tomato puree (this combo makes an easy pasta sauce)

FREEZER

- Vegetables - peas, corn, mixed veg, edamame beans, potato wedges
- Berries
- Protein - fish fillets, falafels, meatballs
- Grainy bread + pita pockets
- Vegetable and lentil soup

FRIDGE

- Eggs
- Hummus or yoghurt dip

FRESH

- Veggies and fruit - spinach, cabbage, carrots, capsicums, cucumber, broccoli, avocados, bananas + apples
are especially versatile and easily available most of the time

SANCK IDEAS

- Walnuts + dried apricots
- Cashews, almonds + cranberries
- Peanuts + raisins
- Sunflower seeds, pumpkin seeds, almonds + sultanas



Eggs on wholegrain toast with avocado



Omelettes with veggies + cheese - spinach, mushroom, capsicum, tomatoes, zucchini



Fresh filled **pasta** with canned tomatoes + added **veggies** from the freezer



Cooked from frozen: **fish**, veggies + oven-baked wedges (with no added salt)



Poke-style bowl: quick-microwave rice, any chopped veggies, frozen or canned beans, leftover protein or canned fish



Platter-style meals: chopped veg with meatballs or falafels cooked from frozen, hummus or yoghurt dip + pita pockets



Vegetable + lentil soup (home-made or store-bought) with wholegrain toast



PREP AHEAD IDEAS

Bite-size veg - for snacks, lunches, dinners - carrot, celery, capsicum, broccoli + cauliflower work well

Basic coleslaw-style salad - sliced cabbage + grated carrot - makes an ideal base for lunch or dinner

Roast veggies - potato, kumara, beetroot, carrot, cauliflower - add greens + protein for lunch or dinner

Meals to freeze - soup/casserole, or mince to go with rice/pasta/potato

If eating out or on the go, follow this guide to help you make healthier choices:

	HEALTHIER OPTIONS	LESS HEALTHY OPTIONS
Chinese	Steamed rice, vegetables, stir-fried meat, skinless chicken, fish, clear soups, Chow Mein - seafood/chicken.	Sweet and sour dishes, fried rice or noodles, "crispy" foods, wontons, satay prawns, battered meat.
European	Steamed, grilled, baked, stir-fried lean meat, poultry, fish/seafood.	Fried foods, creamy sauces and dressings.
Indian	Lentil dhal, tandoori chicken, steamed rice, small amount of plain naan bread, seafood, vegetable curries.	Poppadoms, samosas, deep fried dishes, paratha, coconut, meat based curry, garlic naan bread.
Italian	Pasta with tomato-based sauces and grilled meat, skinless chicken/fish, salads/vegetables. Pizza – thin-based with vegetable toppings, lean meat or fish, ½ amount of cheese.	Deep based pizza, creamy sauces, lasagne, carbonara, parmesan cheese, garlic bread, rich desserts, pizza with thick/stuffed crust and lots of cheese and meat.
Japanese	Sushi, sashimi, rice, miso soup, noodle dishes, teriyaki.	Tempura (fried in batter), Sukiyaki (fried in beef fat), pickled vegetables.
Malaysian, Thai, Vietnamese	Stir-fried seafood/skinless chicken/meat and vegetable dishes, clear soups, rice paper rolls, tofu, steamed rice.	Fried fish cakes, spring rolls, coconut milk/cream based sauce, curries or satay sauces, pad thai.
Mexican	Steamed tortillas, burritos, enchiladas with chicken and salad, vegetarian chilli, bean based dishes, chilli con carne.	Nachos, tacos, guacamole, sour cream, cheese.
Middle Eastern	Stuffed vine leaves, spinach, seafood, souvlaki, salads, grilled kebabs, couscous, cucumber and yoghurt dip.	Pastry desserts, deep fried falafel.
Bakery	Sandwiches on multigrain bread with tuna, chicken, egg and plenty of salad. Oat or nut-based cakes.	Doughnuts, cream-filled cakes. Fried food, sausage rolls, pies.
Petrol Station	Wraps and sandwiches packed with egg, chicken or tuna. Muesli and yoghurt pots. Salads. Small bran muffins. Nuts bars or oat-based bars.	Pies, fried food, large muffins, confectionary.

Recommended maximum levels of caffeine

Under 18 years old No more than 3mg of caffeine per kg in a single serving



E.g. for a 40kg child, 3mg x 40kg = 120mg

Over 18 years old MAXIMUM 400mg caffeine per day (from all sources)



MAXIMUM 200mg in a single serving

Pregnant & breastfeeding



MAXIMUM 200mg per day (from all sources)

How much caffeine in a single serving?



If you want to cut back on how much tea and coffee you are having, try these alternatives:



herbal tea (caffeine free)



flavoured water with fruit/vege



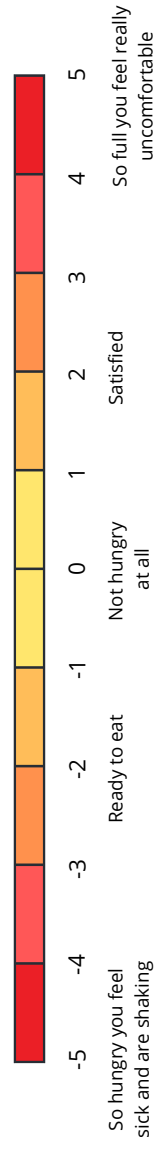
sparkling water



TIME	WHAT I ATE/DRANK	WHY I ATE/DRANK <small>Hungry? Emotional? Bored?</small>	Hunger Before Eating	Hunger After Eating	NOTES <small>Thoughts, feelings</small>

Hunger Scale

Use this scale to complete the columns 'hunger before' and 'hunger after' eating



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