

Supporting Your Immune System

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.



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 matters. Eating a well-balanced diet, that contains enough energy, protein, unsaturated fat and fibre to support immune function.

Zinc

Zinc is involved in DNA replication and cell development. Our immune system is made up of many cells, which require DNA. If we don't get enough zinc the efficiency and breadth of our immune system may be compromised. Zinc can also behave like an antioxidant, neutralising harmful free radicals and minimising inflammation.

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	2 slices of grainy bread	1mg
100gm lean beef	4mg	1 cup milk	1mg
1/2 cup mussels	2mg	2 eggs	1mg
100gm chicken breast	1.5mg	1/2 cup cooked rice	1mg
1 cup chickpeas	1.5mg	2 tablespoons pumpkin seeds	2mg
2 tablespoons roasted peanuts	.5mg	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	1/2 cup fresh strawberries	49mg
3/4 cup orange juice	93mg	1/2 cup cooked sprouts	48mg
1 orange	70mg	3/4 cup tomato juice	33mg
1 kiwifruit	64mg	1/2 cup cooked cabbage	28mg
1/2 cup green capsicum	60mg	1 medium baked potato	17mg
1/2 cup cooked broccoli	51mg	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	1 egg	44IU
85g Rainbow trout	645IU	85g liver, beef	42IU
85g Salmon	570IU	85g tuna in springwater	40IU
1/2 cup UV exposed mushrooms	366IU	40g cheddar cheese	17IU
1 cup fortified milk	120IU	1/2 cup portabello mushrooms	4IU
2 Sardines	46IU	85g chicken breast	4IU



Harness stress

- Enjoy a 10-30 second cold shower to feel alive and reinvigorated with this interesting way to build resilience toward stress.
- Get moving! Regular, small bouts of activity ("snacktivity") radically reduce our stress levels and regularly pump feel-good hormones through our body.
- Try something new and challenging; exhilaration not only brings joy and satisfaction but may strengthen our immune system.
- Practice regular microbreaks where your brain is able to mindlessly wander. Thirty seconds a few times a day is all it takes.



Improving 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. About 70% of your immune system is in your gut to help decide friend from foe. 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 across the week (aim for 30+ different types!) and aim for 2 serves of fruit and 5+ serves of vegetables a day.
- Fermented foods - try small amounts (start with 1-2 tsp per day and gradually increase) of kefir, probiotic yoghurt, kimchi, kombucha etc



Eating Well on a Budget

In a world where bills keep piling up, eating healthy often feels like it comes with a hefty price tag. But fear not – the journey to a nutritious diet on a budget is totally doable and doesn't require breaking the bank. It's all about a bit of savvy planning and some clever choices.

Strategic meal planning and bulk cooking

Decide first if meal planning or bulk cooking work best for your lifestyle

1. Pick a day, time, and location where you will plan. Set a recurring reminder!
2. Decide on how many meals you will plan for for that week - start with the minimum number.
3. Find your recipes and write them down; keep them visible (hint: in the kitchen!)
4. Write the shopping list and do the shop around the same time.
5. Purchase the food you need, and cook from your plan. Feel free to deviate - flexibility is important.

Embrace affordable foods

Want to eat well and save money? Then pick up these foods next time you shop!



OATS

At around 12c per ½ cup, oats are a super versatile ingredient to stock up on! In ½ cup, not only do you get 6g of protein, but also 5g of fibre which gives you a great head start towards your daily fibre needs (ladies = 28g, men = 38g).

Give these recipes a go: [oaty pancakes](#), [nutrition boost muffins](#), [oat and raspberry muffins](#), [savoury oat loaf](#), [homemade muesli bars](#), [nutty apple crumble](#).



MUSSELS

It only costs a couple of dollars for 150g of mussels which works out around 10 mussels, that's great value for the nutrition boost you get. 150g is packed with more protein than 3 eggs, and will tick the box for your daily dose of both selenium, iodine and omega 3.

Learn how to prep, store and cook mussels - [click here](#).

More recipe inspo, give these a go: [corn and mussel fritters](#), [baked mussels](#).



PULSES

Beans, chickpeas and lentils – some of the most amazing nutrition packed foods that are super affordable and mega versatile. $\frac{1}{4}$ cup of red lentils is just 30c and $\frac{1}{2}$ a can of chickpeas is around 60c or less. Pulses are low GI, they are a fantastic way to get fibre and also a good way to add protein to a meal. You can also use them to make so many different foods, from dips (try a pea and mint one or spicy carrot and chickpea), soups and casseroles to curries, burgers and even chocolate brownies!



EGGS

Eggs are less affordable than they used to be that's for sure, but they are still a cheaper option than many other sources of good quality protein. An egg has around 6g of high-quality protein as well as Vitamins A, B12, D, E, iron, selenium, choline and more! They are super versatile, and the research now suggests that there is no need for the average person to limit the number of eggs they have per week. Only those with an increased risk of heart disease are advised to limit them to 6/week (read more at the NZ Heart Foundation).

For meal and recipe inspiration, give these ideas a go: eggs on toast, omelettes, fritters, frittatas, cauli and carrot pizza base, veggie bites, veggie layer bake.



FROZEN PEAS

Frozen peas are a freezer staple! You can eat them frozen, add them to almost any dish, mash them, smash them, make them into fritters...the list goes on! 1 cup of peas not only has the goodness of most other veggies, but it also has 8.4g of protein and will only cost you around 50c. Add some peas to your next meal for a nutrient boost, and keeping it budget friendly.

Give these recipes a go: one pot chinese chicken, pea soup, veg-packed chilli, pea and corn frittatas.



TOFU

It is one of the few plant protein foods that is considered a 'complete protein' which means it has all the same essential amino acids as animal proteins. A 170g serving of tofu has a whopping 20g of protein. Plus, some varieties will contain a good amount of calcium, so always check the label.

Not sure how to cook it or what to do with tofu?

Here are lots of ideas.

Reduce your food waste

In New Zealand the average family wastes around 86kg of edible food a year and that's worth hundreds of dollars! Here are our top tips to help you reduce your waste and save some money!

1. Plan your meal, write a shopping list and stick to it!
2. Keep food in the fridge. Apples, bread, eggs stored in the fridge will increase their shelf life.
3. Avoid storing certain foods together. Bananas make other fruits ripen quicker, so store separately. Onions and potatoes should be stored separately as the onions will emit a gas to make potatoes sprout.
4. Store your vegetables correctly. [Read here for storage tips.](#)
5. Make better use of your freezer. Frozen vegetables are fantastic, and nutritionally equivalent (sometimes even better!). Freeze leftovers, label well so you know what you are reheating. You can freeze milk too, so buy it on special or freeze if you are going away.
6. Keep your leftovers. Don't throw them away! Keep them in the fridge as a snack for tomorrow, or better still, make a larger batch and have it as a meal later in the week.

For more tips, click on the video below:



Keeping Well when Life is Busy

In the hustle and bustle of our fast-paced lives, finding time to prioritise healthy eating can be quite a challenge. Whether you're juggling work commitments, family responsibilities, or both, the clock always seems to be ticking a bit too fast. Below are our top tips on practical strategies tailored for those moments when every minute counts.

EAT WELL

Make it easy to access healthy foods, and harder to access treat foods.

When life gets busy, our good habits around eating nourishing foods can go out the window, and we lean more on treat foods, alcohol, convenience foods or takeaways to get us through. These strategies below will help you create an environment around you to keep eating well.

	MAKE IT EASIER TO EAT WELL	MAKE TEMPTATION HARD
At home	<ul style="list-style-type: none">• Vegetables / fruit at the front of the fridge in clear containers.• Have chilled water available with fruit slices (lemon or lime) next to it.• Have those foods you want to have more of at the front and at eye level.	<ul style="list-style-type: none">• Place chippies, biscuits, and chocolate in non see-through containers up high in cupboards.• Put alcohol or soft drinks in a cupboard away from the kitchen (one you don't often access).• Don't have tempting food at home if you know you will eat it.
At work	<ul style="list-style-type: none">• Take your food to work.• Have a water bottle or large glass at your desk.• Have planned snacks in the required portion sizes for the day.	<ul style="list-style-type: none">• Don't go to a work gathering hungry or without a plan. Be the one to take a healthy option.• Remove the lolly jar to another location.• Try not to leave work hungry - the temptation to buy something on the way home will be stronger.
Eating on the go	<ul style="list-style-type: none">• Take your pre-portioned snacks.• Include fruits and vegetables.• Take a water bottle with you.	<ul style="list-style-type: none">• Try to drive a route that doesn't allow you to stop to get food.• Don't rely on having to get anything whilst you are out and about.• Have a dinner prepared at home if late getting home - freezer meals are a simple option or eggs on toast with veg are a good choice.

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).
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.

KEEP MOVING

When we get busy, movement and daily exercise are generally the first thing to go. Exercise has been shown to improve your physical health, mental health, sleep quality, and overall quality of life.

While having good habits around your physical activity is important, often when we are busy it's helpful having some tools and strategies up your sleeve so you can keep moving.

Exercise:

- Find what you enjoy
- Find a time of day that works best
- Make it a non-negotiable and schedule it in
- Something is better than nothing

Daily Movement:

- Park further away from your destination
- Active transport to work
- Take the stairs
- Have walking meetings

GET GOOD SLEEP

When life gets busy, our sleep is more than likely impacted. Late nights, you can't switch your mind off, or night-time waking, can all impact the quantity of sleep we are getting and the quality of sleep. This then impacts our mood, work productivity, alertness, and appetite the following day.



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

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



Expose your eyes to natural light in the morning and during the day.

This helps to regulate your wake and sleep cycles.



Minimise screen and device use before bed, clear your head.

Reduce blue light exposure and mental stimulation. Instead try reading, meditating, listening to a podcast. Write things down before you go to bed to get things out of your head.



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!](#)



Check your alcohol intake and caffeine fix.

Too much can compromise the QUALITY of your sleep. Aim for less than 400mg caffeine per day, try decaf or herbal tea in the afternoon. If you want to drink alcohol, the guidance is to stop 4 hours before bed.

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!](#)**



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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