



Winter Vegetables and Immunity

For natural immune support and good health this winter, enjoy a wide variety of New Zealand grown vegetables.

A strong immune system is one that is working well. Our immune system is our body's main defense against illness so it's very important for good health.

How can you support your immune system so it can help you?
Focus on eating a wide variety of whole, natural foods.

There are at least 10 different vitamins and minerals involved in supporting our immune system and many are easily available to us in our New Zealand grown vegetables.

We need good intakes of iron, zinc, selenium and copper, plus vitamins A, C, D and several of the B vitamins.

There are more than 20 different New Zealand vegetables that provide us with vitamin C, folate or iron, not to mention several of the B vitamins. They also offer dietary fibre for a healthy gut.

This winter, keep your immune system in good shape and choose plenty of these delicious winter vegetables



Broccoli Cabbage Leeks Potato Silverbeet
Cauliflower Kūmara Parsnips Carrots Yams

Remember to choose plenty of variety, different colours and enjoy vegetables throughout the day.

Adults should aim for at least 5 servings of vegetables and children at least 4 servings every day. A serving size guide is your own hand (or around 75g). Remember to enjoy a couple of pieces of fruit too.



Top tips for enjoying plenty of winter vegetables

Breakfast

Start the day with a side of spinach with your eggs on toast. If you're on the go – take a green smoothie.

Snacks

Grated vegetables work well in savoury muffins. Carrot sticks are delicious with hummus or a yoghurt dip. Roasted parsnip and kūmara chips are tasty and nutritious.

Lunch

Choose a salad with broccoli or cauliflower, or a baked potato or kūmara with your favourite toppings. Coleslaws to serve with shredded chicken or nuts are simple to prepare and delicious.

Dinner

Soups and curries are a great way to enjoy a huge variety of vegetables in one hearty bowl. Choose from each of these groups:

- **starchy vegetables** e.g. potatoes, kūmara and yams – hold their shape well and add great texture
- **root vegetables** e.g. carrots and parsnips – can be grated or sliced to add a little sweetness to the dish
- **leafy greens** e.g. silverbeet and spinach – can be added near the end of cooking for extra iron, fibre and great colour.



Roast Vegetables

Have you tried roasting broccoli, cauliflower, yams, parsnips? They roast well with a dash of olive oil, sprinkle of cumin, or other herbs and spices. Make a meal out of roast vegetables with a little sliced meat or cheese, a yoghurt dressing and a sprinkle of nuts or seeds – be creative! Leftovers are great for lunch.



Pies and Parcels

Silverbeet, spinach and leeks are great in pies and you can even use silverbeet in place of filo pastry. Simply blanch large leaves and fill with a prepared stuffing (e.g. ricotta cheese, shredded cooked chicken or canned tuna, mixed with herbs and an egg), roll up and bake with a little grated cheese on top.

Fill up with a variety of colourful vegetables for good health this winter!

For more winter vegetable recipe inspiration visit:

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