

Adding In Goodness: Part 1: Nutrition

What helps boost immunity in the long term? Well, I'm pretty sure it isn't buying toilet paper. Focus instead on "Adding In" **goodness** to your life. Add In: Antioxidant-rich food, hydration, an effective sleep routine, (gentle) movement, and some self-care. Today I'll focus on some tips in how to get in nutrients and antioxidants into your cooking.

Tip #1: Don't overthink it! I'm not here to give advice on different types of weight-loss diets to follow or debate them, rather to provide general tips that will help you get the daily nutrients you need.

Tip #2: Aim for a mix of protein, fat and carbs in all your meals. Did I say carbs? Yes, but this doesn't mean loads of white bread, sugar and pasta. I mean whole grains, veggies, fruit and legumes...see table below for inspiration.

Tip #3: Cook with colours! When it comes to fruits and vegetables go green, orange, red...there's no wrong answer when you cook with the colours in the rainbow.

Tip #4: Herbs are incredible sources of antioxidants and are bursting with flavour. Plant an herb garden outside, the balcony or windowsill and you'll be a few steps away from adding loads of flavour and goodness to your cooking.

Tip #5: Nuts and ground seeds! Yes, these little beauties add crunch, protein and healthy fats to yogurt, salads, smoothies and stir fries. We usually see them in the baking or snack section of the supermarket, but you can also find a good selection in the health food section.

Tip #6: Green Tea! You don't need to give up coffee, rather, instead of reaching for a second cup, give Green Tea a try. It's loaded with antioxidants needed to fight off daily stress as well as a host of other benefits.

Tip #7: Dark chocolate, yes, my friends a little dark chocolate ($\geq 70\%$ cocoa) is a fine way to end the evening. Eat 1-2 squares or try making your own personalised chocolate bark by melting 2-3 bars of chocolate, spread across baking parchment and sprinkle toppings such as pumpkin seeds, walnuts, dried cranberries or chopped dried apricot. Break into small pieces and enjoy!

Tip #8: Don't be discouraged if you can't find all the items on your grocery list at the store. Be creative and use the below table to find alternatives.

Tip #9: Flavour, flavour, flavour. Try a flavoured vinegar or make your own by adding your garden herbs to white wine vinegar; sauté shallots instead of onions; try roasting vegetables with turmeric, ginger, or curry powder. Experiment!

Tip #10: Take the time to enjoy your meal, either with your family or quietly on your own, and savour the food that's fuelling your body.

I hope you've been inspired to try new things that add not only goodness to our lives but also aid in keeping us healthy. Stay safe!

Guest Contributor: Sara Smits van Oyen (The written material and table are info only and not intended as professional advice, rather written with the hope to inspire others with easy nutritional tips I've picked up over the years—I am not a registered dietician, nor should this take the place of doctor's advice.)

	Healthy Fats	Protein	Carbohydrates	Antioxidants
Role	<p>Absorption of Vit A, K, D and E. Provides Energy. Keeps hormones working properly. Longer lasting feeling of fullness.</p>	<p>Essential to growth (for children), muscle recovery, used in many of our body functions. Provides a longer lasting feeling of fullness which minimizes the urge to snack.</p>	<p>Main fuel for your body, allowing you to power through the day.</p>	<p>Fight against free radicals in your body caused by stress, toxins in the environment, smoking and aging in general. Can be found in vitamins and minerals.</p>
Sources	<p>Olive Oil, Avocado Oil, Flaxseed Oil, Nut Oils, limited amounts of (organic) grass fed butter and coconut oil. Walnuts, almonds, seeds (chia, sunflower, pumpkin, flax), salmon, herring, tuna. Note: If using chia, never eat dry (they swell up in contact with liquid). Use in recipes with liquid and soak, e.g. almond milk, smoothies, and yogurt.</p>	<p>(Organic) Meats, Fish, Beans, Nuts, Tofu, Tempeh, Nut Butters, Yogurt, Eggs/Egg Whites, Small amounts of Cheese</p>	<p>Fruits, veggies, limited amounts of starchy vegetables, and legumes (beans, lentils). Whole grains are best in more limited amounts: Oats, Bulgur, Farro, Cornmeal, Brown Rice, Rye, Spelt, Quinoa and Whole Wheat. (Alternatives for Gluten Sensitive: Oats, Buckwheat, Millet, and Amaranth, to name a few.)</p>	<p>Berries, Spinach, Kale, Brussel Sprouts, Orange Vegetables, Artichokes, Green and White Teas, nuts/seeds, and garlic. Dark Chocolate Herbs/Spices: Oregano, basil, turmeric, cinnamon bark</p>