

# WHAT TO EAT IN WINTER

## *Crawley Wellbeing's short guide to seasonal food*

Seasonal fruits and vegetables are generally at their nutritional best, tastiest and cheapest. This winter dig into these suggestions and turn over to find out more about the nutritional benefits.

### Kale



- Iron
- Calcium
- Beta carotene
- Folic acid
- Potassium
- Vitamin C
- Phytochemicals

### Leeks



- Calcium
- Iron
- Folic acid
- Phytochemicals

### Savoy Cabbage



- Vitamin C
- Vitamin A

### Brussels Sprouts



- Vitamin C
- Folic acid
- Iron
- Beta carotene
- Potassium

### Carrots



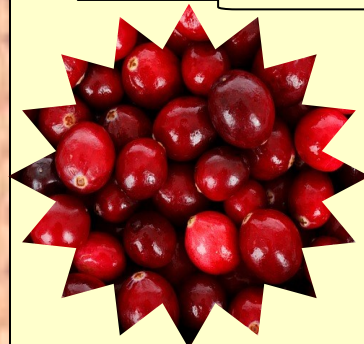
- Beta-carotene
- Potassium
- Phytochemicals
- Alpha carotene

### Clementine's



- Vitamin C
- Beta-carotene
- Potassium

### Cranberries

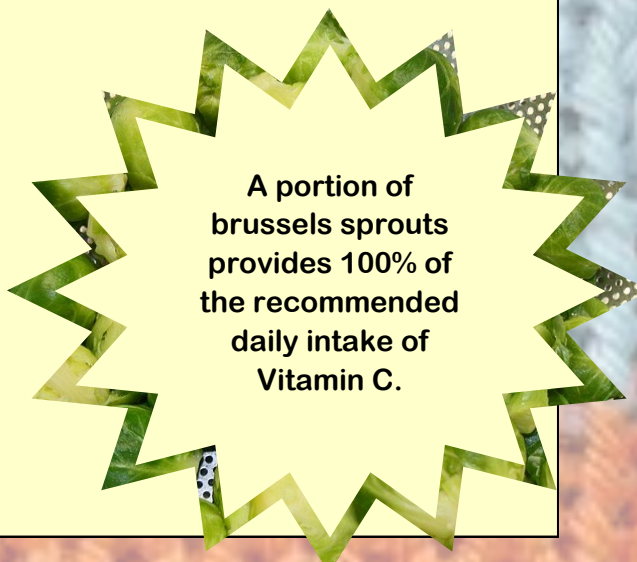


- Vitamin C
- Phytochemicals
- Vitamin E

## Some of the nutritional benefits of this season's fruit and vegetables

### Phytochemicals

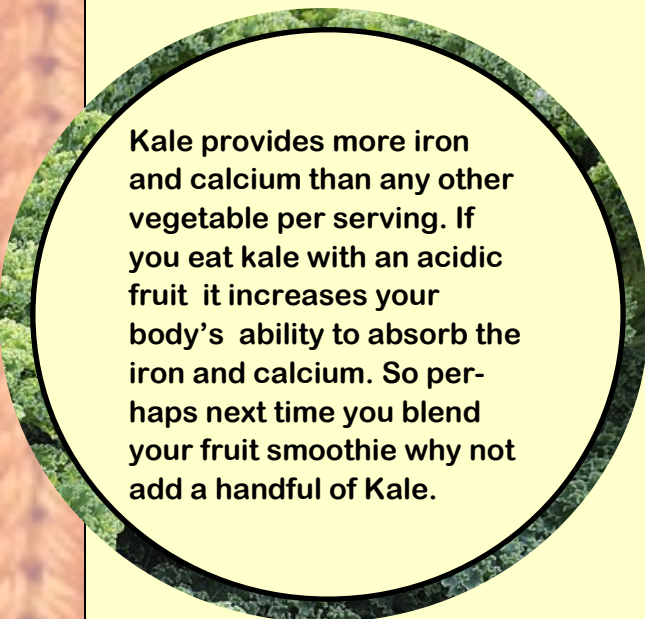
- Phytochemicals may help prevent disease and keep your body working properly.
- There are thousands of phytochemicals found in plant foods. Some of these include, carotenoids, ellagic acid, flavonoids, resveratrol, glucosinolates.
- The benefits of phytochemicals is that they act as antioxidants in the body to tackle harmful free radicals that damage tissue. They are thought to help lower the risk of cancer, chronic disease, coronary heart disease and asthma.



**A portion of brussels sprouts provides 100% of the recommended daily intake of Vitamin C.**

### Iron

- Is an essential mineral for your body.
- Iron helps your body to make haemoglobin. Haemoglobin is the protein found in red blood cells that carries oxygen around your body and gives blood its red colour.
- Getting enough iron will help your body to work more efficiently and may speed up recovery following surgery.
- If you have low iron levels your red blood cells may not contain enough haemoglobin and you can start to feel tired. If the shortage of iron is more severe you can feel weak or breathless.
- Tea may reduce the absorption of iron from foods. Avoid drinking tea directly before, after or with meals and only drink tea in between meals.



**Kale provides more iron and calcium than any other vegetable per serving. If you eat kale with an acidic fruit it increases your body's ability to absorb the iron and calcium. So perhaps next time you blend your fruit smoothie why not add a handful of Kale.**

Phone us on: 01293 585317

Email us at: [wellbeing@crawley.gov.uk](mailto:wellbeing@crawley.gov.uk)

Visit our website: [crawleywellbeing.org.uk](http://crawleywellbeing.org.uk)

*crawley wellbeing*