

Eating well to stay healthy

During the coronavirus pandemic it's important to keep your immune system strong, so VACCHO have put together some easy tips to keep you healthy.

Our top three tips:

- 1. Plan healthy meals based on the five food groups (see below)**
- 2. Stay hydrated and aim for 2 litres of water a day**
- 3. Try to get some exercise. Outside is good so you can get some sunshine, but remember the social distancing rules!**



Healthy meals

Eating healthy means eating lots of different foods from these 5 food groups:

- 1. Vegetables & legumes/beans**
- 2. Fruit**
- 3. Grain (cereal) foods, mostly wholegrain**
- 4. Lean meats, poultry, fish, eggs, tofu, nuts, seeds & legumes/beans**
- 5. Milk, yoghurt cheese &/or alternatives**

It helps if you avoid foods and drinks that are high in salt, sugar and unhealthy fats. For example, sugary drinks, confectionary, pastries, deep fried foods or some takeaway foods.

If you eat from the 5 food groups you'll get your essential vitamins and minerals. These are great for you as they support your immune system by:

- keeping your skin, eyes, lungs and gut healthy
- fighting off infections in the body
- making new cells that attack infected cells
- helping your body recover after an infection

Here is a quick and delicious breakfast recipe that will help you get some of your important vitamins and minerals.

OVERNIGHT BIRCHER MUESLI

Serves 1

Ingredients

- 1/2 cups rolled oats
- 1 cup milk or milk alternative
- 1 apple; cored and grated

Toppings

- 1 tablespoon of any unsalted nuts or seeds
- small handful of fruit
- dollop of plain yoghurt

Method

- Combine your ingredients of oats, milk and grated apple in a bowl, stirring them to combine well
- Leave to soak overnight in the fridge. In the morning, add your toppings and enjoy.

TIP: simply increase the amount of your ingredients to feed the family, or to save for later in the fridge.

