

## Seasonal Superfoods

### -Why not all Christmas foods are bad for you....

We think of Christmas as the time of year for sweet treats and overindulging. But that doesn't mean that all the festive foods you eat are bad for you. Far from it - tuck into our guide to seasonal superfoods...

#### Brussels sprouts

Like them or loathe them, scientists say Brussels sprouts have such powerful anti-cancer properties that even the occasional meal of sprouts could have significant benefits. They're also an excellent source of folic acid and vitamin C.



#### Christmas pudding

Yes, Christmas pudding and Christmas cake can be good for you! Most varieties only contain a small amount of fat, and all the currants and sultanas count as a fruit serving. It has plenty of iron, too. Avoid high-fat brandy butter or cream though, and choose low-fat custard or crême fraîche instead. Yum!

#### Satsumas

Two count as one fruit portion and supply more than a third of the recommended daily allowance (RDA) of vitamin C. They're also a source of folic acid, which can reduce the risk of heart disease. Clementines are twice as high in vitamin C, but lower in folic acid.



#### Cranberries

An excellent source of antioxidants like vitamins C and E, the berries may help reduce the risk of chronic diseases like cancer, stroke, and heart disease. Solid research also backs up their role in preventing urinary tract infections.



#### Chestnuts

Chestnuts are the only low-fat nut, so chestnut stuffing is lower in calories than traditional sausage-meat types. Home-made is best – simply blitz peeled chestnuts in a blender and add a touch of butter, cinnamon and salt to taste.

#### Turkey

Turkey is great as it is low in fat and its high protein content blunts your appetite, so it's less likely you'll over indulge in the fattening foods, such as roast potatoes and bacon rolls. But make sure to avoid the fatty skin - just a small sliver on the edge of each slice will add 43 calories and 5.3g fat per average portion.



#### Red, or even better Mulled wine

Red wine is a good source of antioxidants, which mop up the destructive free radicals that cause cell damage and lead to disease. Mulled wine is traditional in Europe at Christmas time and is full of fruits and spices which also add disease-protective power. But don't get carried away!



#### Salmon

Low in saturated fat and high in protein, it's 'prostate-protecting' zinc-rich and a great source of omega-3s which are great for your eyesight and at helping you stay mentally sharp. Salmon is also great for breast-feeding mothers as it contains DHA which plays a key role in the development of babies' brains and eyesight.

#### Prawn heads

Contain a powerful antioxidant called astaxanthin which is 10 times stronger than more common antioxidants found in fruit and vegetables. It makes the red colouring in cooked prawns, but also plays an important role in protecting human cells from damage. But don't worry you don't need to start eating prawn heads, a NSW PHD student has found a way to isolate this great little compound without having to taste a single shell! PHEW!

