

EATING WELL IN WINTER

When the weather turns cold, it's easy to lose motivation to cook or eat well. But nourishing your body during winter doesn't have to be complicated. We spoke with Emily, one of our CF dietitians, who shared simple, practical ways to stay warm, nourished, and well—even when it's frosty outside. **Here are some top tips:**



Stock Up Smart

Canned foods like chopped tomatoes, lentils, chickpeas, kidney beans, and baked beans are affordable, versatile, and easy to store. Buy them when they're on special and use herbs and spices to boost flavour.

Tip: Think of canned goods as your winter pantry heroes—quick, nutritious, and budget-friendly.



Cook in Bulk or Slow It Down

Batch cooking or using a slow cooker can save time, money, and energy. Prepare meals ahead of time and freeze portions for busy or low-energy days.

Tip: Check out your local supermarket's website for slow cooker recipes—there are plenty of easy, hearty options to try.



Go Seasonal (or Frozen!)

Seasonal fruits and vegetables are fresher, tastier, and often cheaper. Frozen veggies are just as nutritious and last longer, making them a great backup.

Tip: Add frozen spinach to stir-fries or frozen corn to nachos or cheesy quesadillas for a colourful, fibre-rich boost.



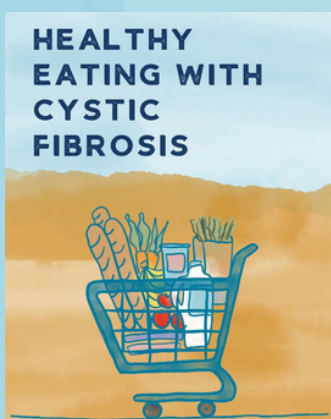
Support Your Immune System

Vitamin C and E are key to keeping your immune system strong.

Vitamin C: Citrus fruits, kiwifruit, feijoas, broccoli, spinach, tomatoes

Vitamin E: Vegetable oils, nuts, seeds (like almonds, sunflower seeds, and peanut butter)

Tip: Include a mix of these foods regularly to help your body fight off winter bugs.



Reach Out for Support

If you're unsure where to start or need tailored advice, your CF care team is here to help. They can guide you with personalised nutrition tips that suit your lifestyle and health needs.

Want More Guidance?

Check out our guide:

Fuelling Your Body – Diet and Healthy Eating with CF



Remember: Small changes can make a big difference. Whether it's stocking your pantry, cooking ahead, or adding a few immune-boosting foods to your meals—every step counts toward feeling your best this winter.

Thanks for the helpful tips and guidance Emily!



WINTER WELLNESS TIPS 2025