

# MORE NUTRITION ADVICE'S

Here is 7 types of Foods that will keep you Energized and Healthy during the winter Months and throughout the Year.

## 1. Fatty fishes for omega-3

<https://draxe.com/nutrition/fish-you-should-never-eat/>

Fishes are an excellent source of omega-3 fatty acids but not all of them are good for you.

Omega-3 fatty acids, which is packed with fatty fish like salmon, mackerel, and sardines, serve as essential for mood shifting and cognitive function. By supporting the normal functioning of neurotransmitters, omega-3 fatty acids have been confirmed to help mitigate the symptoms of depressive disorders and anxiety. Consuming these fish at least three to four times a week helps boost the immune system while encouraging confidence.

**CHIA SEEDS**, are also a good source of Omega-3 and is a Protein Packed Super-food.

<https://draxe.com/nutrition/chia-seeds-benefits-side-effects/>

**CHIA SEEDS** Have been found to help promote healthy skin, reduce signs of aging, support the digestive system and build stronger bones. Promote digestive health, may also improve heart health, help balance blood sugar, Boost energy and exercises performance, aid in weight loss, fight Cancer growth, enhance oral health, combats inflammation and chronic disease. May help improve anxiety and depression symptoms. Support healthy pregnancy.

### **How many chia seeds should you eat a day?**

Between one and three tablespoons per day is a typical amount that's recommended. Be sure to consume them with lots of water, which helps fiber do its job. No need to cook them just Dust them just as they are over all your Food, Soups and in your Smoothies.

## **2. Rich leafy greens**

<https://draxe.com/nutrition/leafy-greens/>

Rich leafy greens like spinach and kale are nutrient-packed powerhouses.

Folate, a B-vitamin which encourages the manufacturing of serotonin, the "feel-good" neurotransmitter, is prevalent in dark leafy greens like spinach, kale, and Swiss chard. Increasing occurrences of

depression have been correlated with folate shortages. Additionally, these greens are exceptionally high in antioxidants which strengthen the immune system and combat the effects of oxidative stress.

### **3. Fermented foods for gut health**

<https://draxe.com/nutrition/fermented-foods/>

From improved digestion to enhanced nutrient absorption, fermented foods offer a range of advantages.

Probiotic-rich foods that help maintain a healthy microbiome in the gut include kefir, yogurt, kimchi, and sauerkraut. The gut may be referred to as the "second brain," thus maintaining it is essential to regulating your mood. It's already been shown that a healthy microbiota in the gut boosts defenses, lowers nervousness or stress, and enhances psychological wellness.

### **4. Citrusy fruits for vitamin C**

<https://draxe.com/nutrition/citrus-fruits/>

Citrus fruits like oranges and lemons are loaded with vitamin C.

Vitamin C serves as a vital component for the immune system to work properly and can be found in excess in

citrus fruits like oranges, grapefruits, and lemons. Furthermore, vitamin C contains antibacterial properties that can safeguard the human body from the hardships of winter. Constant indigestion assists in safeguarding the body from infectious agents and colds, making it strong throughout the colder months.

## **5. Add root vegetables to your diet**

<https://draxe.com/nutrition/root-vegetables/>

Root vegetables like carrots and sweet potatoes are perfect for winter, offering warmth and nutrition.

Rich in carbohydrates that are complex and fibers, root vegetables like sweet potatoes, carrots, and beets offer an uninterrupted source of energy that can be used all day long. By promoting blood sugar management, these veggies contribute to preventing energy dumps that can exacerbate stress and mood. Their anchoring, rustic attributes also correspond with the wintertime desire for comfort and nourishment.

## 6. Magnesium from nuts and seeds

<https://draxe.com/nutrition/healthiest-nuts/>

Nuts and seeds provide warmth, energy, and essential nutrients to thrive in winter.

Magnesium, which is plentiful in nuts and seeds, especially walnuts, almonds, and pumpkin seeds, helps minimise anxiety as well as stress. Magnesium also aids in greater relaxation and ease of movement, all of which are crucial to conquering the winter blues. Snacking on an assortment of nuts or seeds might automatically improve your mood.

## 7. Drink herbal teas to unwind

<https://draxe.com/nutrition/herbal-tea-benefits/>

Herbal teas soothe, warm, and boost immunity during chilly winter days.

Herbal teas with soothing characteristics, like peppermint, lemon balm, and chamomile, may minimise tension and promote calmness. The concerns that frequently follow the winter season can be decreased by frequently ingesting these teas, which may help promote sound sleep and soothe the body's nervous system.

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