

## Mayo Clinic Minute: Healthy eating during winter months

Video	Audio
	Winter brings cooler temperatures, sometimes downright cold temperatures. A crisp cool salad might be what the doctor ordered, but there are also other healthy options.
Elizabeth J. Bailey Dietitian Mayo Clinic	"As the weather gets colder, something that I like to incorporate more are soups."
	Elizabeth J. Bailey says soups like kale with white beans, or butternut squash, can be both fulfilling and healthy.
	"The benefit to that, the kale, it's rich in vitamin A. You've got your antioxidants from that."
	Antioxidants are important because they may protect our cells against the effects of free radicals, which may play a role in heart disease, cancer and other diseases. Another benefit?
	"Vitamin A is beneficial for immune function, and it's especially important when it comes to vision."
	And white beans are legumes which contain fiber.
	"For heart health, for brain health, fiber is the key takeaway. Fiber is extremely important and falls into improvements in other areas of our health, as well."
	Bailey says to aim for at least 25 grams of fiber per day.
	"If somebody is currently only consuming on average 5 grams of fiber today, we would recommend increasing that fiber intake gradually and slowly to ensure tolerance."
	For the Mayo Clinic News Network, I'm Jason Howland.