

## Immune Boosting Nutrients

Although nutrition will not prevent or cure the current COVID-19 illness, it's still important to consume nutrients to keep immune systems strong. With all the stress and anxiety surrounding the pandemic, immune systems may weaken and put the body at risk for developing or worsening chronic diseases. Some nutrients offer immune-boosting properties that will keep the body healthy during this stressful time:

- Beta-carotene: This powerful antioxidant boosts immune health by preventing damage to cells. You can find it in sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.
- Vitamin C: Another strong antioxidant, this vitamin can be found in citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.
- Vitamin D: Low levels of this vitamin have been associated with increased risk of infection and inflammatory diseases. It is best absorbed from getting direct sunlight but is also found in fatty fish, eggs, and milk or 100% juices that are fortified with vitamin D.
- Zinc: This mineral supports the growth of the body's immune cells. It is better absorbed from animal sources such as beef and seafood but is also found in vegetarian sources such as wheat germ, beans, nuts and tofu.
- Probiotics: These "good bacteria " have many health benefits but are known to fight against pathogens. Good sources of probiotics include cultured dairy products such as yogurt or kefir, and fermented foods such as kimchi or sauerkraut.
- Protein: This macronutrient is vital to build and repair body tissue and fights viral and bacterial infections. Protein is found in milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

Eating a healthy and balanced diet, getting in physical activity (even just a few minutes a day), sleeping at least 7 hours a night, and managing stress are all encouraged to strengthen the immune system. Focus on eating nutrient-dense foods, especially those listed above, to keep your body strong during this stressful time.

## Build A Fresh & Flavorful Salad

What better way to celebrate the coming of spring than with crisp, fresh, and colorful salads? Swish chard, cabbage, red and green lettuce, spinach, collard greens, kale, and so much more, are now in season! Check out the website [seasonalfoodguide.org](http://seasonalfoodguide.org) for a complete list of spring produce. Adding color to your plate can boost your immune system, support a healthy gut, regulate blood sugar, lower cholesterol, hydrate your body, and enhance brain health. It's time to start eating these refreshing, healthy foods and creating your own salad will do just the trick.

Build a tasteful, spring salad with 5 simple steps:

1. Select a leafy green: For a lighter flavor choose green or red leaf lettuce, mixed greens, spinach, or romaine lettuce. For a bolder flavor try kale, radicchio, cabbage, or arugula.
2. Add some color with fruits and veggies: Chopped, diced, shredded, sliced, or whole, you choose! You can even add fresh, frozen, canned, or dried versions. The key is to focus on incorporating a variety of colors. Each color has a different vitamin, mineral, antioxidant, and phytochemical profile, giving you a variety of nutrients.
3. Sprinkle on the extras: Add on some cheese (feta, bleu, parmesan) and/or healthy fats (nuts, seeds, avocado, olives) to boost flavor and healthy fat intake. By having some healthy fats added to your salad, it makes it easier for your body to absorb the fat-soluble vitamins A, D, E, and K that are necessary for your health.
4. Power it up with protein: Make it a main course meal by adding beans, legumes, chicken, shrimp, tofu, hard-boiled eggs, tuna, salmon, or turkey.
5. Make your own salad dressing: Jazz up your salad with fun flavors from oil, vinegars, spices, fresh herbs, a spritz of citrus juice, or diced onions and garlic. Looking for a great recipe? Whisk together 1/4 cup olive oil, 1/4 cup balsamic vinegar and 1/4 teaspoon ground mustard. Add a dash or two of black pepper and toss into your salad!

Try these recommended combinations to get started with building your spring salads:

- Romaine, grape tomatoes, cucumber, shredded carrots, avocado, and shrimp.
- Spinach, red onion, mandarin oranges, and sliced almonds.
- Mixed greens, grilled chicken strips, dried cranberries, walnuts, and feta cheese.

## Tomato Broccoli Frittata



Perfect for breakfast, lunch, or dinner, this immune-boosting recipe is packed with protein, beta-carotene, vitamins C & D, and zinc. Serves 4.

### Ingredients:

- 6 eggs
- ¼ tsp salt
- ¼ tsp ground black pepper
- ¼ cup crumbled feta cheese
- 2 cups small broccoli florets
- 2 tablespoons finely chopped shallots
- 1 tsp olive oil
- 1 ¼ cups cherry tomatoes, quartered

### Directions:

1. Preheat the oven to 375 degrees F. In a medium bowl, whisk together eggs, salt, and pepper. Stir in feta cheese; set aside.
2. In a large skillet, heat oil until warm. Saute broccoli and shallots over medium heat for 8-10 minutes (or until tender). Add in tomatoes, then remove from heat and add to a greased 8x8 casserole dish. Pour egg mixture over broccoli mixture.
3. Bake for 20 min. or until a knife inserted in the center comes out clean.

## Rainbow Layered Salad



### Ingredients

1 pint red grape or cherry tomatoes, quartered  
1 cup shredded carrots  
1 cup frozen corn kernels  
2 avocados, pitted and sliced into thin wedges  
1 cup thinly sliced red cabbage  
1 cup crushed blue corn chips  
Juice of 1 lime  
Juice of 1 lemon  
¼ cup olive oil  
½ teaspoon salt  
Freshly ground pepper to taste

### Directions

In a clear glass serving bowl, layer the tomatoes, carrots, frozen corn, avocados, red cabbage and blue corn chips in order. Let stand at least 15 minutes for corn to fully defrost. Make salad dressing by whisking together lime juice, lemon juice, olive oil, salt and pepper. Serve dressing on the side or spread evenly over salad.

\*Recipe from eatright.org:

<https://www.eatright.org/food/planning-and-prep/recipes/rainbow-layered-salad-recipe>

## Cheers to Drinking More Water

The sun is out and as temperatures are rising, so is the body's need for more water. Unlike food, we cannot survive long without water. It is required to keep the heart pumping, blood circulating, and digestion system moving. The body is made up of about 60% water and is required for every cell, organ, and tissue to function properly. Proper hydration aids in weight loss, helps brighten skin, relieves joint pain, improves energy, and may even reduce brain fog and improve mood.

How much is enough? It's simple: take your weight in pounds and divide by 2, this equals how many fluid ounces you should drink in a day. If you have serious medical conditions your hydration needs may vary, so make sure to reach out to your physician or registered dietitian to discuss individualized needs. Here are a few tips to keep yourself hydrated:

1. Invest in a water bottle and keep it with you during the day. It is best to sip every hour rather than guzzle a large volume.
2. Boost the flavor of your water by infusing it with fruit and/or herbs.
  - a. Common fruits used to infuse water include melons, berries, and citrus fruits such as oranges, lemons, or limes.
  - b. Popular herbs to use are basil, rosemary, thyme, oregano, or mint.
  - c. Great combinations include strawberry and mint, orange and basil, or lemon and rosemary. Simply add the fruit and/or herbs to a pitcher of cold water or straight into your water bottle and let infuse for 1-2 hours.
3. Sip on hot or cold herbal tea. Great herbal teas include hibiscus, ginger, mint, or chamomile.
4. Try a no-sugar-added sparkling water. Some brand examples of these include La Croix, Bubbly, or Izzie. If the flavor is too bitter, try adding a wedge of lemon, lime, or orange to add sweeter flavor.

### 3 Infused Water Recipes

Combinations:

Strawberry, Basil and Lemon:

1/2 cup strawberries stemmed and sliced, fresh or frozen  
5 large fresh basil leaves torn  
1 lemon thinly sliced

Honeydew, Cucumber, and Mint:

1/2 cup honeydew cubes  
1 cucumber thinly sliced  
10 fresh mint leaves torn

Blueberry, Lemon, and Rosemary:

1/2 pint blueberries  
1 lemon thinly sliced  
4 sprigs fresh rosemary

Directions:

1. In a large pitcher, add the desired combination of fruit and herbs.
2. Add 5 cups of water and 1 cup ice (optional). Add additional fruit or herbs to garnish, if desired. Let steep for about 1 hour.

## 5 Tips: Eat More Fish & Seafood

Fish and seafood provide a wide range of health benefits. They are high in protein, healthy fats (especially omega-3 fats), B-complex vitamins, vitamins A and D, selenium, zinc, iodine, and iron. This combination of nutrients has been shown to boost heart health by lowering cholesterol and triglycerides, improves circulation, enhances brain health, contributes to good eye and vision health, and even helps to build muscle and tissues in the body. To receive the maximum benefit, it's recommended to eat fish and seafood two times per week. Here are 5 tips on how to easily accomplish this goal and improve your overall health:

1. **Get creative with your recipes:** Think beyond eating a fillet. Try salmon burgers, shrimp tacos, or clams with whole wheat pasta. Try a new type of fish such as mackerel, herring, or pollock. Top a salad with grilled scallops or use canned tuna or salmon on your sandwich instead of deli meats.
2. **Shop smart:** Eating more fish and seafood does not have to be expensive. Purchase frozen or canned options, and be sure to check the stores for coupons, sales, and specials.
3. **Eat a variety:** Try a new fish or seafood option often and include some that are higher in omega-3 fats such as salmon, trout, oysters, mackerel, herring, and sardines.
4. **Keep it lean & flavorful:** Spices and herbs such as dill, chili powder, paprika, or cumin, and lemon or lime juice, can add great flavor to fish and seafood without adding too much sodium. Try grilling, broiling, roasting, or baking options to keep it lean.
5. **Add shellfish to the list:** Oysters, mussels, clams, and calamari all supply healthy omega-3 fats as well. Try oyster stew, steamed clams, and mussels or calamari with marinara over pasta.

## Shrimp Tacos w/Cilantro Avocado Slaw

Source: slenderkitchen.com

Serves: 4, Serving size: 2 tacos

### Ingredients:

- 1.5 lbs. Shrimp
- 1 tsp. Chipotle chili powder
- 1 tsp. Salt
- ½ tsp. Paprika
- ½ tsp. Oregano
- ¼ tsp. Coriander
- 1 tsp. Olive oil
- 2 cups coleslaw mix
- 1 small avocado, chopped
- ¼ cup cilantro, chopped
- 2 green onions, chopped
- 3 tbsp. Lime juice
- ½ tsp. Cumin
- Salt & pepper to taste
- 8 corn tortillas



### Directions:

1. Toss the shrimp with chili powder, salt, paprika, oregano, and coriander. Set aside.
2. In a separate bowl toss together coleslaw, cilantro, and green onions. Season with salt, pepper, and cumin. Add lime juice and gently massage with your hands to soften the cabbage. Add avocado and toss with mixture. Season with salt and pepper. Set aside.
3. Heat olive oil over medium high heat. Add the shrimp and cook for 2-3 minutes per side until pink and opaque.
4. Heat tortillas on a grill or stove top. Stuff with cooked shrimp and top with avocado slaw. Enjoy!

## **Boost Energy with Food**

Do you find your energy crashing mid-day or after lunch? Many reasons such as lack of sleep or physical activity, age, or hormone imbalances are common factors to the afternoon slump, but your diet may also be the culprit. Eating balanced amounts of nutrients, drinking water, and snacking on the right foods will help stabilize blood sugar and reduce energy dips and spikes. Check out these tips to ensure your energy levels are sustained:

### **1. Eat more protein at breakfast**

Research suggests those who ate 30 grams of protein at breakfast had better satiety throughout the day, ate less snacks, and had more energy. High protein breakfast items include eggs, lean breakfast meats such as ham or chicken and turkey sausage, cottage cheese, Greek yogurt, beans, and oatmeal made with low-fat milk.

### **2. Sip on water**

One of the most common signs of underhydration is fatigue. On busy days we often forget to drink water. Make it a point to sip on some H<sub>2</sub>O. Carry a water bottle with you when you are out and sip a few times every hour.

### **3. Balance your lunch**

Balance your lunch with protein, dairy, whole grains, vegetables, and fruit. Great examples of this balance include:

- Salad with mixed greens, tuna or chicken, berries, walnuts, and feta cheese.
- Whole wheat pita pockets stuffed with hummus, lettuce, tomato, onion, and feta.
- Burrito bowl with brown rice, black beans, salsa, avocado, peppers, and shredded cheese.

### **4. Snack on nuts**

If you feel the need to snack, a handful of nuts (about ¼ cup) will help balance blood sugar, curb hunger, and enhance mental focus. Great choices include pistachios, almonds, walnuts, pecans, peanuts, & cashews.

## Protein-Packed Banana Chia Oatmeal

Oats are a great way to get your protein. One cup cooked has about 10 grams of protein. Made with milk, you have closer to 20 grams of protein. Add nuts, nut butter, chia seeds, Greek yogurt, or even protein powder, and you have your 30 grams of recommended protein at breakfast!



### Ingredients:

- ½ cup rolled oats
- 1 cup low-fat milk
- 1 tsp. Maple syrup or honey (to sweeten)
- ¼ cup Greek yogurt
- 2 tbsp. chia seeds
- 1 banana, sliced
- ¼ tsp. cinnamon

### Directions:

1. Heat oats and low-fat milk in a saucepan over medium heat. Stir constantly until oats are cooked, about 2-3 minutes.
2. Take off heat and let cool for about 2 minutes.
3. Stir in maple syrup or honey and Greek yogurt.
4. Top with chia seeds, sliced banana, and cinnamon.

## Live Long with Good Fats

For many years, eating less fat has been a focus for optimal health. We now know our bodies need fat to function properly. Fat is essential for the absorption of fat-soluble vitamins A, D, E, and K, plays a key role in producing important hormones, and supports healthy cell growth, brain development, and nervous system function. However, it is important to note the types of fat consumed matters. For optimal health, focus on eating more monounsaturated and omega-3 fats. Here is a breakdown of the different fats:

- **Monounsaturated fats:** Found in nuts and seeds, and avocado, olive, peanut, and canola oils. This type of fat has been found to help regulate blood sugar levels, lower blood pressure, and reduce “bad” LDL cholesterol.
- **Polyunsaturated fats:** Include omega-3 and omega-6 fats.
  - Omega-3s: Best sources include salmon, tuna, trout, sardines, canola oil, flaxseeds, walnuts, and tofu. Meet this recommendation by eating fish twice a week and plant sources every day.
  - Omega-6s: Found in plant oils - corn, safflower, sunflower, soybean, cotton seed, and sesame oils. Excess intake is associated with inflammation and linked to heart disease, so it is best to consume these in moderation even though they are essential for our bodies to have.
- **Saturated fats:** Found in butter, cheese, whole milk, egg yolks, meats, coconut, and palm oils. Although saturated fat has gained some popularity in the past few years, it is still important to consume in moderation because excess intake could lead to heart disease.
- **Trans fats:** Found in margarine, shortening, and processed food products, these can raise “bad” LDL cholesterol and may even develop Type 2 Diabetes. Even though it has been used less by food manufacturers, there may still be some traces in our food. The best way to make sure your food product has no trans-fat is to read the “ingredients” section and avoid foods with *hydrogenated* or *partially hydrogenated oils*.

## Avocado Tuna Salad

Time: 10 minutes

Servings: 2 servings

### Ingredients:

- 1 5-ounce can tuna
- 1/2 ripe avocado, roughly chopped
- 1/2 cup minced celery
- 1/4 cup minced red onion
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons lemon juice
- 1 teaspoon lemon zest
- 2 tablespoons chopped fresh cilantro or parsley
- 1/2 teaspoon kosher salt
- Freshly ground black pepper



### Directions:

1. Place all ingredients in a medium bowl. Mix with a fork, mashing the avocado and breaking up the chunks of tuna as you go, until the ingredients are well combined.
2. Finish and serve by adding more oil or salt and pepper if necessary. Serve on your favorite sandwich bread or toast.

Fall is well on its way, and so are many recipes we save until the leaves start to change color and the weather cools down. Chili, soups, stews, warm drinks, you name it! Not to mention the plethora of in-season fall produce including squash, pumpkin, apples, carrots, broccoli, cauliflower, brussels sprouts, ginger, grapes, sweet potatoes, swiss chard, and turnips. Get ahead of the game and start planning your fall meals using these fun, flavorful fall menu tips:

- **Use pumpkin for more than just a sweet treat.** Pumpkin is an incredibly healthy and delicious vegetable. It is packed with fiber, vitamins A, C, and K, potassium, and a powerful antioxidant called beta-carotene. We generally think of pumpkin in pie, coffee, or sweet bread form. However, it makes a great companion in our savory dishes too. See the recipe below for a Pumpkin Chili that is flavorful and packed with nutrition.
- **Reach for broth or veggie-based instead of heavy cream soups.** There is nothing more satisfying than a warm bowl of soup on a brisk autumn day. Pack your soups full of autumn harvest such as sweet potatoes, swiss chard, turnips, carrots, or squash. Add some fall flavors from ground or fresh grated ginger or allspice.
- **Flavor your dishes with fall spices.** Here are spices that pair well with the following:
  - Allspice: Stews, carrots, pork or poultry, squash, and breads
  - Cardamom: Poultry, red meat, lentils, oranges, and rice dishes
  - Cinnamon: Stews, curries, fruit, squash, oatmeal, pork and beef
  - Cloves: Sweet breads, carrots, onions, potatoes, chocolate and fruit
  - Ginger: Stir-fry, curries, hot tea, and seafood; also pairs well with garlic
  - Nutmeg: Baked goods, oatmeal, white sauces, spinach and squash
  - Rosemary: Chicken, lamb, pork, fish, grains, mushrooms, and potatoes

Enjoy a flavorful fall and start experimenting with new recipes, spices, and fun flavors!

## Powerful Pumpkin Chili

Serves: 6

*Top with chopped avocado, cilantro, shredded cheese, or whole grain crackers. Enjoy!*



### Ingredients:

- 1 Tbsp avocado oil
- 1/2 cup chopped onion (about 1 small)
- 5 cloves garlic, minced
- 1 lb. 90% lean ground beef
- 1, 15 oz. can diced tomatoes
- 1, 15 oz. can pumpkin puree
- 1, 15 oz. can kidney beans, rinsed
- 1 1/2 cups chicken broth
- 2 tsp. dried oregano
- 1 tsp. ground cinnamon
- 2 tsp. ground cumin
- 1 tsp. salt
- 1/2 tsp. black pepper
- Optional: 1/2 tsp. or less of cayenne pepper

### Directions:

1. Sauté onions and garlic in oil over medium heat in a large pot. Add in ground beef and cook completely.
2. Add all remaining ingredients and stir together.
3. Let simmer on medium-low heat for 10-12 minutes with lid on.

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