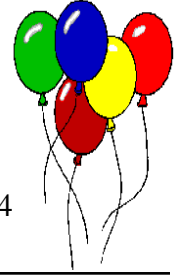




NUTRI-NEWS



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“Balloons for a Balanced Lunch”
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Healthy Eating for Immunity

What you and your family eat indeed impacts your immune response. This is your ability to fight infections from all different sources. The nutrients known to be beneficial in immunity and building one's immune response are protein, vitamins C and E, and zinc. But how can one be assured that their family is consuming all of these nutrients and in the proper amounts without consuming expensive supplements? The best way is to consume a diet rich in fruits, veggies, lean meats and low fat dairy products. Seems simple - but what if a family is on a busy schedule with sports, school and community activities? It really is a matter of committing to eat healthy, and it begins with planning. Here's how to begin:

- Make a list incorporating weekly food specials. Stick to this list.
- Fruits and vegetables are the cornerstone of an immunity-building diet and should be at the center of your shopping list. Purchase those that are colorful (the more dark in color of the fruit or veggie, generally the more nutrients it contains) and in-season to save money. **Refer to the Test Your Nutri IQ for some suggestions.
- Frozen, canned and dried forms of fruits and vegetables are just as nutritious as fresh and can easily be used for quick meals.
- Check out this great site:
www.fruitsandveggiesmorematters.org
for additional suggestions and ideas.

Kids in the Kitchen

Hand washing is key to preventing illness and is a must when working in the kitchen. Here are some basics to try with your own family:

- Wash hands with warm soap and water for at least 20 seconds. An idea for young children is to say the alphabet while washing hands.
- Get a safe stool for a young child to stand on to reach the sink, water, soap and towel.
- Teach them by example to always wash their hands before/after eating and when working in the kitchen.

Fitness Forum

Ongoing exercise— though key to overall health, can add to stress on the body and requires a healthy diet to heal. Many athletes are using a “flexitarian” diet which is making plant foods the diet's center while still eating animal protein—just less of it. You get the benefits of animal foods—high in zinc, omega- 3 fatty acids (if fish eaten) and iron while incorporating plant foods high in antioxidants –such as vitamin C.

Test Your Nutri IQ

Can you tell which of these fruits/veggies are in season: apples, sweet potatoes, kiwi, oranges, pears, clementines and tangerines.
Answer: All. Enjoy!!

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