



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health



Nutrition for Cold & Flu

Practicing social distancing and proper hand washing can help protect yourself and others from infection. However, you may be asking yourself, can the food I eat play a role in prevention? While diet alone may not be able to prevent infection, focusing on nutrient-rich foods paired with healthy lifestyle behaviors, can help give your body extra protection by supporting a healthy immune system.



Preventative Eating

- 🛡️ **Vitamin D:** A lack of sunshine during the winter months can lead to lower Vitamin D levels. Cow's milk, and milk alternatives fortified with Vitamin D, will help replenish the *sunshine vitamin*.
- 🛡️ **Zinc:** Zinc deficiency has been shown to increase susceptibility to various pathogens. Incorporating meat, seafood, nuts, and beans into your diet will ensure adequate intake of this immune-boosting mineral.
- 🛡️ **Vitamin C:** While Vitamin C will not cure your cold, it may help maintain immunity. Oranges, grapefruits, bell peppers, broccoli, and pineapple are good sources of Vitamin C.
- 🛡️ **Probiotics:** Yogurt provides probiotics (beneficial bacteria) for a healthy gut and immune system. Top plain yogurt with chopped pineapple and crunchy peanuts for added flavor and nutrients.

Feel Better Foods

- 📎 **Fluids:** Staying hydrated with water, seltzer and tea can help thin and loosen the mucus that causes congestion, sore throat, and coughing.
- 📎 **Broth-Based Soup:** The real value of this age-old remedy is the steam. The hot steam from the soup helps loosen mucus to relieve congestion.
- 📎 **Spicy Foods:** Crushed red pepper, Wasabi, and hot sauce open nasal passages, making it easier to clear mucus from the respiratory tract.
- 📎 **Ginger:** Ginger root can help make you feel better by calming an upset stomach. A warm cup of ginger tea with honey or a few slices of pickled ginger may help decrease nausea and vomiting.

In addition to eating well, be sure to get enough sleep and thoroughly wash your hands. Hand washing is the number one defense against illness.



Beet that cold with good nutrition

Revised By: Dana Ikeda

References: *Healthy Eating During Cold and Flu Season*. Available at: <https://www.healthyeating.org/Healthy-Eating/Healthy-Living/Disease-Prevention/Article-Viewer/Article/341/healthy-eating-during-cold-and-flu-season>. Accessed on: 4 Dec 2018. *Common Cold*. Available at: <https://www.mayoclinic.org/diseases-conditions/common-cold/symptoms-causes/syc-20351605>. Accessed on: 4 Dec 2018. *Is Ginger beneficial for nausea and vomiting? An update of the literature*. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/25872115> Accessed on 4 Dec 2018. *Zinc and Immune Function: the biological basis for altered resistance to infection*. Available at: <http://ajcn.nutrition.org/content/68/2/447S.abstract>. Accessed on: 4 Dec 2018.

Reviewed By: Dr. John Worobey-Dept. of Nutritional Sciences

Questions? Like us on Facebook (**RU Healthy Dining Team**), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggyp@dining.rutgers.edu.