



# 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

## Winter is Coming

Sick and tired of being sick and tired? While it is impossible to guarantee an illness free season, proper nutrition is needed to keep viruses at bay. Research suggests that adding certain foods to an already balanced diet can help improve immunity. This added boost may be just the remedy to help fight off the sniffles.

### Preventative Eating

- 🛡️ **Vitamin D:** A lack of sunshine during the winter months can lead to lower vitamin D levels. Milk fortified with vitamin D will help to replenish *the sunshine vitamin*.
- 🛡️ **Zinc:** Zinc deficiency can lower your immune system, leaving you susceptible to illness. Meat, chicken, peanuts, and peanut butter are all good sources of zinc.
- 🛡️ **Vitamin C:** While vitamin C will not cure your cold, it will help to keep up 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 yogurt with chopped pineapple and crunchy peanuts to add both vitamin C and zinc.

### Feel Better Foods

- 🩹 **Fluids:** Water, juice, and tea 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, which may contribute to congestion.
- 🩹 **Spicy Foods:** Crushed red pepper\*, Wasabi\*\*, and hot sauce\* open nasal passages, making it easier to clear mucus from the respiratory track.
- 🩹 **Ginger:** Ginger root can help make you feel better by calming an upset stomach. A small glass of ginger ale or a few slices of pickled ginger\*\* may help with nausea.

\*found by the pizza/pasta station \*\*found by sushi station

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

## Avoid the COUGHequences!

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References: *Healthy Eating During Cold and Flu Season* Available at: <http://www.healthyeating.org> Accessed on: 13 Sept 2016. *Common Cold*. Available at: <http://www.mayoclinic.org>. Accessed on: 4 Oct 2016.. American Dietetic Association. Available at: <http://www.eatright.org>. Accessed on: 13 Sept 2016. *Is Ginger beneficial for nausea and vomiting? An update of the literature*. Available at: Accessed on: <https://www.ncbi.nlm.nih.gov/pubmed/25872115> Accessed on 18 Oct 2016. *Ginger*. Available at: <http://umm.edu/health/medical/altmed/herb/ginger>. Accessed on: 13 Oct 2016 *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: 18 Oct 2016.

Questions? Follow us on our Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU\_HDT**), SnapChat (**RU\_HDT**) or e-mail us at [peggyp@dining.edu](mailto:peggyp@dining.edu). Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at <http://food.rutgers.edu>.