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

FDA 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.

FDA 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.

FDA 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.

FDA 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

FDA Fluids: Water, juice, and tea help thin and loosen the mucus that causes congestion, sore throat, and coughing.

FDA 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.

FDA Spicy Foods: Crushed red pepper*, Wasabi**, and hot sauce* open nasal passages, making it easier to clear mucus from the respiratory track.

FDA 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!

References:

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