

Live Healthy Georgia- Seniors Taking Charge!

November 2008 Newsletter



Feeding Your Immune System

By Jessica Burge, BS

As the weather begins to cool and the beautiful leaves of autumn appear, so too comes the dreaded cold and flu season. But before you begin to panic, you should know that there are a lot of things you can do to protect yourself from getting sick this season.

Your immune system fights and defends your body from unwanted viruses and bacteria. Did you know that certain foods can actually improve your body's ability to fight these bugs? Eating a diet rich in fruits and vegetables is one of the most important things you can do to bolster your immune system. This is because these foods contain the vitamins and minerals your body needs to perform at its best. Aim for 7-10 fruit and vegetable servings per day. Remember that one serving of fruit is $\frac{1}{2}$ cup, while a vegetable serving is $\frac{1}{2}$ cup cooked and 1 cup

uncooked. Choose 2 to 3 fruits and vegetables at each meal and eat them for snacks – you'll be eating 7 to 10 daily in no time!

Tips for increasing your fruit and vegetable intake:

Breakfast

1. Try mixing berries into your cereal or oatmeal.
2. Blend together your favorite fruits and yogurt for a morning smoothie.
3. Prepare an omelet loaded with veggies.

Lunch and Dinner

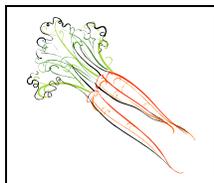
1. Add flavor to soups and casseroles by mixing in extra veggies.
2. Try adding broccoli to your favorite macaroni and cheese recipe.

Dessert

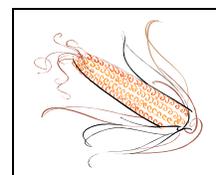
2. Strawberries dipped in chocolate are a delicious finish to any meal.

Department of Foods and Nutrition, The University of Georgia, GA 30602
Division of Aging Services, Georgia Department of Human Resources, Atlanta, GA

30303



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The variety of fruits and vegetables you eat is just as important as the quantity. Try to choose a wide range of colors to be sure you are getting the vitamins and minerals you need.

For more information see:
American Dietetic Association
http://www.eatright.org/ada/files/Eat_Your_Way_to_Better_Health.pdf
or <http://www.livewellagewell.info>

Fermented dairy products, such as yogurt, also play an important role in keeping our bodies healthy. Yogurt contains “good” bacteria that help our gut fight the bacteria that make us sick. Yogurt is a great choice at any time of the day, whether it’s mixed with cereal for breakfast or topped with berries as a dessert.

Staying active during these winter months can also help keep you healthy. Physical activity and maintaining a healthy weight are important factors in protecting your immune system. Try to take a short walk each day to get some fresh air and observe the beautiful sights of autumn!



Fruit and Yogurt Parfait

6 ounces of your favorite yogurt.

½ Cup mixed berries (such as blueberries, strawberries, and raspberries).

2 Tablespoons of uncooked oats.

Layer together all ingredients in a tall cup and enjoy!

