

Nutrition News -April 2020

How to keep Your Immune System Healthy

Besides handwashing, another way to prevent illness is to make sure you have a healthy immune system. Here are some tips with foods to keep your immune system in tip-top shape.

Besides eating well, adequate sleep and stress management also help the immune system.

Beta Carotene: Sweet potatoes, spinach, carrots, mango, broccoli, and tomatoes.



Vitamin C: Citrus fruits, berries, melons, tomatoes, bell peppers, and broccoli

Vitamin D: Fatty fish, eggs, milk, and 100% juices are fortified with Vitamin D.



Zinc: Absorbed better from animal source like beef and seafood, but it is also in wheat germ, beans, nuts, and tofu.

Probiotics: The “good” bacteria can be found in cultured dairy products such as yogurt and in fermented foods such as kimchi and sauerkraut.

Protein: Milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans, and lentils.

*Don't forget to wash produce before eating!

Oat Fun Facts

Oats are a cereal grass that are whole grain, rich in fiber, and antioxidants, like, Avenanthramides which have anti-inflammatory and anti-itching effects. Oats can be very filling and improve blood sugar control.



Apple Cinnamon Baked Oatmeal

Servings: 9

Ingredients:

- 1½ cups fat-free milk or soy milk
- ½ cup packed brown sugar
- ½ cup egg substitute or egg whites
- 1 tablespoon melted butter
- ½ teaspoon cinnamon
- 2 cups rolled oats (not instant)
- 1 teaspoon baking powder
- 1½ cups chopped apples



Directions:

Before you begin: Wash your hands.

1. Preheat oven to 350°F.
2. In a small bowl mix the milk, brown sugar, egg substitute/whites, margarine and cinnamon.
3. In a larger bowl combine the oats and the baking powder.
4. Pour the wet mixture into the bowl with the oats; add the apples and stir to combine.

Spoon the mixture into a 8-by-8-inch pan coated with cooking spray and bake for 30 to 40 minutes, until top is firm and a toothpick comes out clean in the center.

<https://www.eatright.org/food/planning-and-prep/recipes/apple-cinnamon-baked-oatmeal-recipe>

What's in Season

Artichokes, Arugula, Asparagus, Beets, Broccoli, Cabbage, Citrus, Horseradish, Mango, Mushrooms, Parsnips, Peas, Rhubarb, Red Radicchio, Spinach, and Turnips.



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