



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 Department of Nutritional Sciences

Immunity League: Assemble Your Superpowers

As busy college students juggling classes and social lives, it can be difficult for our immunity to stay as involved as we are. The secret weapon? It is not caffeine or cramming—it is the incredible power of nutrition! A balanced, nutrient-rich diet is essential for a strong immune system and overall well-being, enabling you to face daily challenges with vigor. Discover how you can arm your immune system through the power of food.

Vitamin D: The Ultimate Defender Against Inflammation and Invaders

This powerful ally fights inflammation and helps shield your body from pathogens by regulating antimicrobial proteins in the lungs. Think of Vitamin D as a bouncer for your immune system. To boost your Vitamin D intake, try:

- Cracking into a healthy start with an omelet loaded with vegetables.
- Reeling in the benefits by incorporating fatty fish into your meals, such as salmon and tuna.
- Fortified milk—dairy and plant-based—are convenient and easy ways to D-fend against threats.



Vitamins C and E: The Dynamic Duo

Both Vitamin C and Vitamin E are antioxidants that join forces to protect your cells from damage caused by free radicals. To power up on these vitamins, try:

- A stir fry packed with power, made with bell peppers, broccoli, and olive oil.
- A salad that's a real *c-lection* of Vitamins C and E, topped with oranges, tomatoes, and sunflower seeds, tossed in olive oil.



Vitamin A: The Immune System's Secret Agent

This key player in your immune system's defense team supports antibodies, proteins that recognize and disarm invaders, in the body. To level up on Vitamin A:

- Have sweet potatoes and carrots make an undercover appearance on your plate.
- Pack "A" punch by adding spinach and kale to your meals.



Zinc: The Powerhouse Behind Your Immune Defense

This mighty mineral swoops in to support inflammatory responses and power up key pathways that keep your immune system strong. To fuel up on zinc, try:

- *Parfait Protection* - A yogurt bowl topped with chia seeds and fruit.
- *Bean there done that*—grab a composed bean salad at the salad bar.
- Lentils to the rescue—look for lentils in soups or on the hot entrée line.

Snot this time germs.



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