



# 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

Raise your sword and fight off viruses this flu season with nutritious foods! While you may not be able to fully prevent a virus attack, research suggests that adding certain foods to an already balanced diet can improve immunity and alleviate cold and flu symptoms. This added boost may just be the armor you need to ensure a victory over cold and flu viruses.



### Preventative Eating

- 🛡️ **Vitamin D:** A lack of sunshine during the winter months can lead to lower Vitamin D levels. Cow's milk, and milk alternatives fortified with Vitamin D, will help replenish the *sunshine vitamin*.
- 🛡️ **Zinc:** Zinc deficiency has been shown to increase susceptibility to various pathogens. Incorporating meat, seafood, nuts, and beans into your diet will ensure adequate intake of this immune-boosting mineral.
- 🛡️ **Vitamin C:** While Vitamin C will not cure your cold, it may help maintain 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 plain yogurt with chopped pineapple and crunchy peanuts for added flavor and nutrients.

### Feel Better Foods

- 🔪 **Fluids:** Staying hydrated with water, seltzer and tea can 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 to relieve congestion.
- 🔪 **Spicy Foods:** Crushed red pepper\*, Wasabi\*\*, and hot sauce\* open nasal passages, making it easier to clear mucus from the respiratory tract.
- 🔪 **Ginger:** Ginger root can help make you feel better by calming an upset stomach. A warm cup of ginger tea with honey or a few slices of pickled ginger\*\* may help decrease nausea and vomiting.

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

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



*Don't let a cold kick you off your throne*



Revised By: Dana Ikeda

References: *Healthy Eating During Cold and Flu Season*. Available at: <https://www.healthyeating.org/Healthy-Eating/Healthy-Living/Disease-Prevention/Article-Viewer/Article/341/healthy-eating-during-cold-and-flu-season>. Accessed on: 4 Dec 2018. *Common Cold*. Available at: <https://www.mayoclinic.org/diseases-conditions/common-cold/symptoms-causes/syc-20351605>. Accessed on: 4 Dec 2018. *Is Ginger beneficial for nausea and vomiting? An update of the literature*. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/25872115> Accessed on 4 Dec 2018. *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: 4 Dec 2018.

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Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru\_hdt), Instagram (@ru\_hdt), Snapchat (ru\_hdt) or email [peggyp@dining.rutgers.edu](mailto:peggyp@dining.rutgers.edu).