

fresh &
healthy

Winter

Healthy Ideas for the Season

Wintertime is here. That means cold weather, shorter days, longer nights and unfortunately cold and flu season. Sneezes, sniffles and coughs are all too often the sounds of the season. While there is no single secret to staying healthy all winter long, eating well can help you stay well.

Boosting Your Immune System

A balanced, healthy diet can help to boost your immune system. Eating well actually helps fuel your defenses. And if you do get sick, a stronger immune system can help you recover a little faster, or at least feel a little better while you're under the weather.

Premium Fuel

Eating a healthy balanced diet is like giving your immune system premium fuel. Nutrient rich foods give your body the vitamins, antioxidants and proteins your immune system needs to be at full power. Get enough fruits and vegetables, whole grains, lean protein, low fat dairy, nuts and beans, and water or other low calorie beverages to stay hydrated.



No Silver Bullets

Eating many foods that are good sources of vitamins, antioxidants and other nutrients is one of the best ways to help strengthen your defenses. There is also lots of talk about specific foods or beverages - soy, probiotic yogurts, green tea, and other 'immune boosters' showing up in the news. Some research has shown that these foods, and others, can benefit the immune system. However, no one food or beverage is a 'silver bullet'. Instead, experts recommend making broad improvements to your diet to help boost your defenses.

A well functioning immune system does not guarantee you a sniffle-free winter, but by eating well, you can improve your odds of staying in good health.

Eating well can help; but staying well during cold and flu season takes more than just good nutrition. Here are a few other tips for staying well this winter:

Stay Active

Regular exercise has been shown to boost the immune system. While it may be cold outside, don't forget to find ways to stay active - inside or out.

Stay Hydrated

The cold dry air of winter can dehydrate you and weaken your immune system. Stay hydrated with water and other low calorie beverages all winter long.

Stay Rested

A little extra sleep may be the shot in the arm that you need. Research shows that lack of sleep can affect the immune system. So make sure you're getting enough rest.

Stay Warm

Dress in layers and don't forget to take a hat and gloves along as you head outdoors.

Stay Germ Free

Join the nationwide effort to prevent the spread of germs by washing your hands frequently and thoroughly.

Stay in Touch with Your Doctor

Talk with your doctor about seasonal vaccines and other preventive recommendations to see what's right for you.

Just4U®

Healthy Lifestyle

As the winter days and weeks pass, sticking with the New Year's resolutions we made such a short time ago seems harder and harder. Research shows that many of us don't follow through on our resolutions. Here are some tips to help you reach your goals:

Be Realistic

Sometimes our resolutions seem like a good idea at the time, but are almost impossible to achieve. The first step to getting back on track is reexamining whether your goals were realistic. Take some time to rethink your plan and set goals that you can stick with.

Live Your Resolution – Every Day!

Don't put off starting until tomorrow. Successful resolutions are those that you can begin right away and stick with day by day. For example, if your goal is to eat more fruits and vegetables, make a list of all the green veggies that you like and plan to include them with your meals every day for a week. Breaking things down into manageable pieces can help you reach your goals, one step at a time.

Don't Go It Alone

We all need a support team. Do you have one? If the answer is no, try to find family or friends that can help you stay on track. Your support team can be co-workers who share your goal or family members who help you at home. When you share your goals with those who matter in your life, you don't have to go it alone.

Reward Yourself

When you succeed, you should feel like a winner, so plan a reward that's something personal and meaningful. Make sure your reward is special for you, but remember that rewards should never be food related. Choose something else that you really want, and work toward it.

Sticking with your resolutions can be challenging. But by making small changes every day, you can get on the path to success. Reaching your goals won't necessarily be easy, but it's worth the effort.

Country Tomato Soup

Makes 6 (1 cup) servings

Ingredients:

- 2 tsp olive oil
- 1 cup diced onion (1/4")
- 1 1/2 tsp minced garlic
- 1 quart canned diced tomatoes in juice
- 1 quart low sodium vegetable broth*
- 3/4 cup diced peeled sweet potato (1/4")
- 1/2 cup tomato paste
- 2 Tbsp granulated sugar
- 1/4 tsp black pepper
- 1 bay leaf



Preparation:

- Heat oil in saucepan over medium-high heat. Add onion and garlic. Sauté until tender, 4-6 minutes.
- Add remaining ingredients. Bring to a boil.
- Reduce heat. Simmer, stirring occasionally, 35-40 minutes. Discard bay leaf.
- In blender, process soup in batches until pureed.
- Serve hot.

*Low sodium chicken broth may be substituted.

NUTRITIONAL INFORMATION PER SERVING

| | | |
|-------------------|-----------------------|-------------------|
| Calories: 100 | Total Fat: 1.5g | Cholesterol: 0 mg |
| Carbohydrate: 20g | Saturated Fat: 0.5 mg | Sodium: 385mg |
| Protein: 2g | | |

Food That Fits Your Life®



eat right. American Dietetic Association

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about a diet and exercise plan that's right for you.

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