

resident business spotlight **IMMUNITY BOOSTERS**

Take Control of Your Health, One Meal at a Time



By Kendra Gutschow, RDN, LD, Resident of Twin Creeks



I hope everyone's year is off to a joyful and healthy start, although we all know we are in the height of cold and flu season!

Let's talk about

how we can take control of our families' health, as well as our own. Even if we can't completely avoid illness, food and lifestyle choices that boost immunity can absolutely help to fight off illness and lead to a faster recovery time.

A well-balanced diet is the best approach to build up your body's immune system. Extra vitamins and supplements are rarely needed. Be sure to include some of these immunity super-stars in your diet as frequently as possible!

**Vitamin C:** Include citrus fruits, berries, broccoli, tomatoes, and bell peppers to get a daily dose of vitamin C.

**Vitamin D:** It's harder for our bodies to make the sunshine vitamin during this time of year. Food sources include egg yolks, fish, fortified juices and milk.

**Zinc:** This important mineral is found in beef, fish, nuts, and tofu.

**Probiotics:** Healthy bacteria that build up immunity in the gut are abundant in yogurt and other fermented foods.



**Water:** Our bodies have an amazing system in place to get rid of toxins. Help it out by drinking plenty of water! A great rule of thumb is half of your weight in ounces each day.

Sleep, stress management, and physical activity also go a long way when it comes to staying well — both this flu season and for long-term health. Here's to building strong immune systems that don't give the flu a fighting chance!



### Immunity Boosting Banana Berry Smoothie

Smoothies are a great way to get extra fruit and veggie servings at breakfast or for an afternoon snack! Easily swap out these ingredients for your own favorites, or use whatever you have on hand!

- 1 whole banana
- 1 cup fresh or frozen strawberries
- 1/2 cup fresh or frozen blueberries
- 1 handful of fresh spinach or baby kale
- 1/2 cup vanilla yogurt
- 2 Tbsp. ground flaxseed
- 1 cup almond or coconut milk
- Crushed ice

Blend all ingredients until smooth.  
Makes 2 servings.

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