

## Power Up Your Immune System

A strong immune system can protect you from illness and other health problems. There is no one magic food, ingredient, or supplement that will prevent illness but following these four steps may help support your immune system this winter.

**Eat Healthy:** The easiest way to eat healthy is to eat the rainbow! Strive to consume a variety of fruits and vegetables by making sure each meal you consume contains at least three different colors. Different colors of food provide different nutrients. The more colors you eat, the more nutrients you consume and the happier your immune system will be!

Focus on foods with good sources of immune-boosting vitamins:

**Vitamin C:** bell peppers, oranges, grapefruit, kiwi fruit, broccoli, and strawberries

**Zinc:** beef, chicken, baked beans, pumpkin seeds, yogurt, and lentils

**Vitamin B6:** chickpeas, beef liver, tuna, salmon, chicken, and breakfast cereal

**Vitamin E:** sunflower seeds, almonds, peanut butter, spinach, hazelnuts, and broccoli

**Protein:** lean meats, seafood, poultry, eggs, beans, lentils, unsalted nuts and seeds, and soy products

**Get Enough ZZZ's:** Strive for 7-8 hours of quality sleep every night.

**Take A Deep Breath:** Manage stress by journaling, talking to a friend, yoga/stretching, practice deep breathing, or any activity that helps you feel safe and at home in your body.



**Move Your Body:** Commit to moving your body daily. Go for a walk, dance around your living room, walk up and down stairs, stretch, or practice yoga.

—Submitted by Alyce Miller, MS, RDN, CD

## Foody Safety Tips

Has COVID-19 allowed you to spend more time in the kitchen creating old recipes you haven't in a while? Or has it allowed you to be creative and try new recipes? You could say that's one positive thing about staying home during this pandemic. Here's a friendly reminder to make sure you are following proper food handling to reduce your risk of food poisoning.

**Wash your hands**—It is important to wash your hands before, during, and after food preparation. Wash hands thoroughly in warm, soapy water for 20 seconds. Remember to wash your hands when switching tasks, especially after handling raw meat. Handwashing may eliminate a large percentage of food poisoning cases.



**Defrost carefully**—Never allow foods to defrost at room temperature on the counter or in warm water. Instead, thaw food in the refrigerator, microwave, or cool water bath. When defrosting in the refrigerator, remember to cover raw meat and place it on the bottom shelf so juices don't drip on other foods. When defrosting in the microwave, be sure to cook it immediately afterward. When defrosting in a cool water bath, change the water every 30 minutes.

**Assign different equipment for different tasks**—Dedicate one cutting board for raw meat, poultry, and fish and another cutting board for ready-to-eat foods. Use separate spoons and forks to taste, stir, and serve food.

**Resist temptation**—When baking, avoid eating foods containing raw eggs such as cookie dough or cake batter. Raw eggs may contain harmful bacterial that can lead to food poisoning.

**Buy and use a food thermometer**—This is the only reliable way to determine if your food is cooked to the proper temperature.

**Refrigerate food within two hours of serving**—This helps to prevent the growth of harmful bacteria which can lead to food poisoning. Make sure your refrigerator is set at below 40°F.

**Think smart when it comes to leftovers**—Store left-overs in shallow containers (2 inches deep or less) and always reheat to 165°F. When in doubt, throw it out!

—Adapted from [eatright.org/homefoodsafety](https://www.eatright.org/homefoodsafety)



## Name that Holiday Tune

1. Clappered inverted cups, amalgamated.
2. Motioning one's self in rhythm around decorated timber.
3. Testimony of witness to maternal parent's infidelity with Kris Kringle.
4. Geriatric loved one injured by North Pole inhabitant.
5. El 24 de diciembre la celebración en México y España.
6. Guy made of molded precipitation who can sing and dance.

—Adapted from [celebrationideasonline.com](http://celebrationideasonline.com)



Getting a flu vaccine during 2020-2021 is more important than ever before. The vaccine will protect you and those around you from the flu. It will also help to reduce strain on healthcare systems responding to the COVID-19 pandemic.

Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes every year. An annual seasonal flu vaccine is the best way to help protect against flu. Vaccination has been shown to have many benefits including reducing the risk of flu illnesses and hospitalizations.

—Adapted from [cdc.gov/flu/prevent/keyfacts.htm](http://cdc.gov/flu/prevent/keyfacts.htm)

- Answer Key:
1. Silver Bells
  2. Rocking Around The Christmas Tree
  3. I Saw Mommy Kissing Santa Claus
  4. Grandma Got Run Over By A Reindeer
  5. Feliz Navidad
  6. Frosty The Snowman

# Live.Life.Healthy

## Healthy Aging Programs

**NEWS (Nutrition Education and Wellness Social) Call:** is a conference call for older adults to learn about different topics related to health and wellness. It will occur every other Tuesday starting 12/8/20. To participate, dial (215) 446-3656 and use this access code: 9400768. The December 8th call will focus on healthy holiday habits and recipes. Registration is not necessary.



**Online Mind Over Matter—Healthy Bowels, Healthy Bladder Workshop:** This workshop provides women with tools to help control bladder and bowel related issues. It is a 3-session online workshop that will meet 1/6/21, 1/20/21, and 2/3/21 from 10am-noon. The cost of the workshop is \$20 which includes educational material that will be mailed to you prior to the start date. To sign up, call Alyce Miller (261-5678).

**Nutrition Counseling** with a Registered Dietitian Nutritionist. One-on-one nutrition counseling is available to older adults seeking information on ways to improve their overall health. Older adults (age 60+) who reside in areas served by Dane County's Senior Nutrition Program are eligible to meet over the phone or via Zoom with Registered Dietitian Nutritionist Alyce Miller to discuss nutrition-related questions or difficulties. See contact info below.



### Nutrition News

For more information on this publication, contact Alyce Miller, MS, RDN, CD:

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