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NUTRITIONALLY SPEAKING

With

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FOOD FOR IMMUNITY

Vitamin C Rich Citrus fruits and vegetables help build immunity.

Antioxidant rich fruits and vegetables help keep the immune system strong. When the immune system is strong it is able to fight off viruses and germs. Keeping a strong immune system helps keep the mind healthy as well.

Fruits and vegetables such as citrus, kiwi, berries, red and peppers, just to name to help produce serotonin, the feel-good hormone.



YOUR BRAIN IN “STRESS MODE”

In this current time with the Coronavirus (Covid-19) pandemic, people may experience frequent episodes of stress and depression. There are things you can do to help manage anxiety, fear, and keep your immune system strong such as:

- Wash your hands frequently
- Use hand sanitizer containing at least 60% alcohol.
- Avoid touching your face
- Avoiding crowds of 10 or more people
- Practice social distancing-keep a 6-foot distance between you and others
- Get plenty of sleep
- Eat a nutrient dense well-balanced diet
- Drink plenty of fresh filtered water
- Follow recommendations from your doctor.

STRESS RELIEF 101

Stress reduction not only gives your mind relief but it also improves the immune system. You can take the steps below to reduce short and long-term stress.

Meditation:

Ten minutes three or more times a week helps lower stress inducing hormone, cortisol.

Yoga:

Lowers stress hormones and calms the nervous system to reduce anxiety. Deep breathing helps improve the immune system.

Exercise:

Walking 15-30 minutes per day will help release serotonin while strengthening immunity.



STRESS & FOOD

Food either helps relieve stress or increases it. Diets high in refined sugar are stress inducers, which impairs immune function. Serotonin a neurotransmitter regulates mood, sleep, and appetite. Serotonin is produced in the gut, which is full of nerve cells. Good bacteria play an essential role in limiting inflammation, and the gut brain connection.

Diets high in vegetables, fruits, whole grains, nuts, seeds, yogurt, and fish protect immunity.

BEST FOODS FOR IMMUNITY

Eat the below foods. These foods decrease inflammation and cause the brain to work well triggering a healthy mood.



WORST FOODS FOR IMMUNITY

Avoid processed and junk foods. These foods increase inflammation and cause the brain to not work well, in-turn triggering depression.





GARLIC SHRIMP

Add some broccoli and red peppers, serve on top of a bed of spinach and you have just created an immune boosting meal. A meal like this would be packed with Vitamin A, C and E, zinc, and anti-inflammatory compounds.

INGREDIENTS

- 1 tbsp olive oil
- 1/2 tsp red pepper flakes (optional)
- 1/2 tsp turmeric
- 1 lb shrimp
- 6-8 cloves fresh garlic, minced
- 2 tbsp lemon juice
- 1/4 c parsley or cilantro
- pepper to taste

DIRECTIONS

- Heat a large skillet over high heat. Add 1 tablespoon of olive oil and red pepper flakes and allow the spice to infuse into the oil for 30 seconds.
- Add the shrimp with the turmeric and half of the parsley/cilantro into the pan and spread it out so it cooks evenly. Cook for about 1 minute flipping as needed.
- Add the garlic and lemon juice to the skillet and let cook for 3-4 minute, flipping as needed.
- Once done cooking add the remaining parsley/cilantro and stir to combine.
- The shrimp should be opaque and cooked through.

DEAR RENATA & ANDREA

I am following the recommendations to stay in doors as I am older, have diabetes and other health issues, but I am worried I will gain weight by staying in. How do I keep myself active at home ? - GR

Hello GR, great question! here are some tips to stay active while staying in doors.

Chair yoga/exercises: Sit on a sturdy chair, and stretch your arms and legs up/down using the weight of your body for resistance. Loop up **Youtube videos** with easy to follow routines.

Walking: Walk around your home, try to count "laps" aim for 2-3 laps around your home, take a break and repeat.

Go in up and down the stairs: Use the stairs in your apartment building or home. Go up and down 2-3 times, take a break and repeat.

"Weight lifting:" If you don't have any weights at home consider using the 16 oz water bottles as weights. Use these for arm exercises such as arm curls, arm lifts, and when you are walking or taking the stairs. Remember that you can change the weight by adding or removing the amount of water in the bottle.

House Chores: Being active can be as easy as cleaning your home. Sweep, mop and vacuum the floors. Cook your meals, dust and clean your furniture, wash the dishes and do the laundry!

Dancing: Get up put your favorite music on and start dancing!! Dancing alone or with a partner will help boost serotonin and dopamine levels. The happy hormones! It will help reduce stress, boosts your heart rate increasing blood flow throughout the body, including to the brain!

Try these exercises for at least 15 min, repeating 2-4 times per day or as tolerable. Keeping active can help keep the weight off, manage diseases and help improve your mood. So when feeling stressed, anxious or sad, remember to get up and get active! Before starting wear comfortable clothing and shoes, and drink plenty of water through out the day. Make sure to talk to your doctor if you are planning to start a new exercise regimen.

Andrea & Renata

IT'S NORMAL TO FEEL SAD,
STRESSED, CONFUSED, SCARED
OR ANGRY DURING A CRISIS.



TALK TO PEOPLE YOU TRUST, SUCH
AS FRIENDS AND FAMILY OR YOUR
FELLOW COMMUNITY MEMBERS.

If you need to
stay at home,



**Maintain a
healthy lifestyle.
Including proper
diet, sleep and
exercise.**

Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANISATION