

# EATING FOR YOUR IMMUNITY

By Lindsay Winn, Loyola Dining Services

When you think about getting sick, you think about all the things you're parents told you as a kid: don't go out in the cold without your jacket, get plenty of rest, and wash your hands. You typically don't think about eating food to strengthen your immune system. Did you know that foods such as oranges, red bell peppers, broccoli, yogurt and almonds can help boost your immune system?

All Parkhurst accounts offer a minimum of five hand fruits a day – one of which is Oranges. Oranges and all other citrus fruits are high in Vitamin C which helps cells in the immune system do vital tasks to keep you healthy. So instead of grabbing a cookie as dessert, grab an orange to peel or in the morning enjoy some orange juice to help get your daily dose of Vitamin C. Foods other than citrus that are high in Vitamin C include red bell peppers, brussel sprouts, strawberries, cooked cabbage, broccoli, cantaloupe, pineapple and many more that are offered in the dining locations on a daily basis.



Fruits and vegetables are most commonly associated with good health, but what about shellfish, legumes, and dark chocolate? These foods all have Zinc in common – a mineral important to the immune system's development and function. Our menu at Loyola University Maryland offers Coconut Curry Lentils, something that most people might write-off because of the curry or the lentils may be out of their comfort zone, but a delicious option worth trying!



Salads are popular right now since many people are eating healthier for the New Year, but it's all about what is on your salad. Foods such as almonds, chia seeds, sesame seeds, avocado, spinach, asparagus, and olive oil are great sources of Vitamin E, and all are great components for a healthy immune boosting salad. Choose one of our house-made vinaigrettes like Balsamic Vinaigrette, or the Grilled Tomato Vinaigrette in Boulder 2.0 made with our local Susquehanna Mills Canola Oil. So next time you are at the salad bar, think about building that salad to support your immune system which is fighting hard to keep you well!

Did you know that the time of year affects our immune system? Vitamin D is a vitamin that we normally get from the sun. When it's cold and darker people aren't typically outside as much to soak up their daily dose of Vitamin D which enhances the immune response. You can find it in sources such as yogurt, fatty fish (salmon and tuna), egg yolks, and fortified milk. If you can't spend time outside, have a tuna fish sandwich from the deli for lunch, or the popular Lemon Rosemary Salmon for dinner.

It's important to practice good wellness and eating to prevent getting sick rather than waiting until illness strikes. Let our delicious house-made foods help you build up your immune system this winter season! Build a bowl of Chobani Yogurt (one of Parkhurst's Forced Partners), add strawberries, almonds, pumpkin seeds, chia seeds, and local Michele's Granola for one immunity fighting bowl of goodness!

