

# Health-Full Eating & Nutrition



## Eating for Immunity

### What is the immune system?

The immune system is the body's defense against foreign bodies like viruses or harmful bacteria. It's how the body works to keep us healthy. A strong immune system utilizes a myriad of different cells and organs to fight off anything from simple sicknesses to complex infection. Just like any cells or organs, these need nutrients to function properly.

### Beneficial Nutrients

A strong immune system requires different vitamins and minerals to work effectively. Not one nutrient will effectively support the immune system alone as they serve different purposes when it comes to an immune response.

Vitamin C protects against pathogens that can make us sick by facilitating antibody generation while also supporting overall cell function in the body. Foods high in vitamin C include fruits and vegetables like citrus fruits, berries, broccoli and peppers.

Vitamin A contains anti-inflammatory properties and plays a role in improving cellular regulation to create tissues helpful to the immune system. Fish,

eggs, squash, mangos and kale are foods rich in vitamin A.

Zinc aids in the natural wound healing process and can also shorten the length of some sicknesses like a cold. Zinc can be found in many seed and nuts like sesame seeds, pumpkin seeds and cashews.

There are many more nutrients that help the regular functioning of our immune system. It can seem overwhelming to get them all into your diet. A good rule to follow is to include variety. Make sure you have a large variety of different food groups and colors in each meal. Nutrient dense foods contain many different nutrients so you can get many benefits from one ingredient.

Follow the recipe on the back for a meal packed with immune boosting nutrients.



# Immunity Bowl

## Ingredients

- 3 cups cooked brown rice
- 2 cups sliced mushrooms (any kind)
- 2 15oz cans of chickpeas
- 4 cups chopped kale
- 2 teaspoons ground ginger
- 3 cloves minced garlic
- 1+ tablespoon soy sauce
- 2 teaspoons sesame oil
- Black pepper to taste
- ¼ cup pumpkin seeds
- 1 cup chopped fresh broccoli
- 1 sliced red bell pepper
- 5 sliced green onions
- 1 whole orange
- 1 avocado

## Directions

1. Cook the brown rice. You need 3 cups cooked so start with about 1 ¼ cup dry
2. In a large skillet or stockpot, add the sliced mushrooms with a little bit of water and let them reduce on medium heat for about 5 minutes. Drain the water and add chickpeas, 3 cups of kale, grated ginger, one clove of garlic, splash of soy sauce, a drizzle of sesame oil, and

black pepper. Let simmer for 15 minutes, stirring occasionally.

3. In a serving bowl, add the sliced green onions, 2 cloves of garlic and 1 cup of kale. When the rice is cooked and still hot, put it on top of the ingredients and mix in another splash of soy sauce, drizzle of sesame oil, and grind of black pepper.
4. While vegies are sauteing, add broccoli, bell pepper, and pumpkin seeds. Give them about 5 minutes of light simmering just enough to keep warm.
5. Toss the veggie mixture and rice mixture together and add fresh orange slices. Serve sliced avocado on the side with ground pepper. Enjoy!



## References:

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