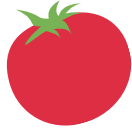


# URI SNAP-ED NUTRITION NEWSLETTER



## IMMUNE BOOSTING FOODS: WHAT'S TRUE AND WHAT'S NOT

Information about foods that help fight disease and boost your immunity is everywhere, but how do you know what is true? This newsletter provides science-based nutrition tips for how to help your body stay healthy.

### Can a specific vitamin or mineral boost your immune system?

Your immune system helps your body to fight off illnesses and infections. There are many vitamins and minerals that help your immune system work properly. Many foods from all of the 5 food groups have these helpful vitamins and minerals. Check out the second page of this newsletter for more information!

Aside from eating healthy food, it is also important to help your immune system by getting enough sleep, staying active, and finding ways to reduce stress.



### What about vitamin and mineral supplements?

While supplements are sometimes needed, you should always ask your doctor before starting any new supplements, herbal remedies, or medications. It is always best to get vitamins and minerals from food first when you can.

You can find us out in the community doing face-to-face programs and also virtually as requested. Please call our hotline at **1-877-366-3874**, visit [uri.edu/snaped](http://uri.edu/snaped) or follow us on social media for more family-friendly recipes and information.



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Community Nutrition Education RI



URI Nutrition



### TECHNOLOGY SPOTLIGHT:

#### Activity Trackers

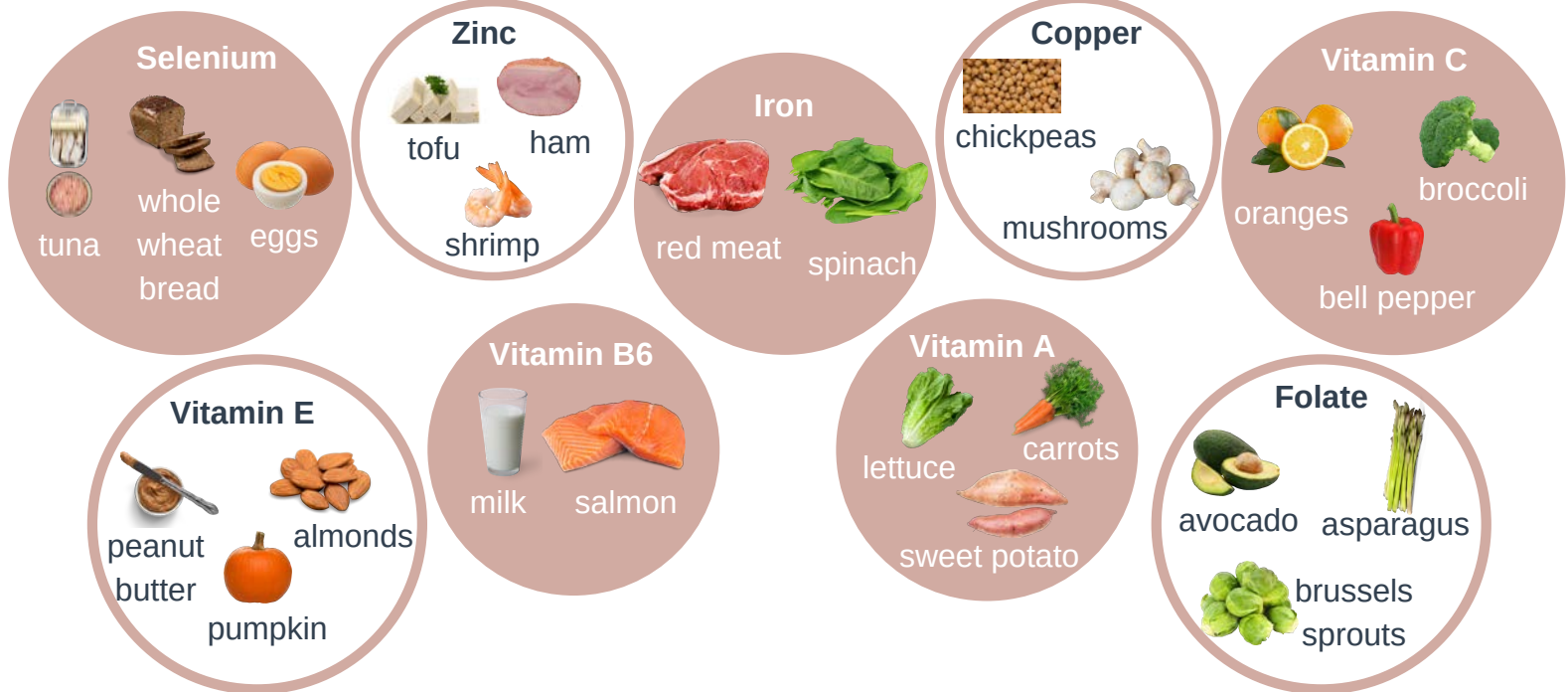


Cellphones have an activity tracker application built in. Use the activity tracker application to track how active you are throughout the day (example: how many steps you take). Remember, exercise helps the immune system stay healthy.

If your phone does not have an activity tracker, download one of these FREE applications:

1. Runtastic Steps by Adidas
2. GoogleFit
3. MapMyWalk by Under Armour
4. Stepz

## Choose foods high in these vitamins and minerals to help boost your immune system



## Oven Roasted Vegetables

### Ingredients:

- 1 small butternut squash, peeled
- 1 large onion, chopped
- 4 cloves garlic, whole
- 1 carrot chopped
- 1 turnip or parsnip, chopped
- 1 large potato or sweet potato, chopped
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried thyme
- 2 teaspoons dried rosemary
- 1/2 teaspoon salt
- Black pepper to taste

**TIP:** Any vegetable in this recipe can be swapped. Try Brussels sprouts, bell peppers, mushrooms, broccoli, or any of your favorites!

This recipe is high in vitamins A and C which both help keep your immune system healthy and strong.



### Directions:

1. Preheat oven to 400°F.
2. Rinse or scrub all vegetables. Peel squash and remove seeds.
3. Cut all vegetables (except garlic) into bite-sized cubes. Keep garlic cloves whole.
4. In a large bowl, combine olive oil, lemon juice, thyme, rosemary, salt, and pepper. Add vegetables and mix well. Spread in a large roasting pan.
5. Bake at 400°F for 40-50 minutes, stirring every 15 minutes, until slightly browned.