

nutrition NEWSLETTER

— S E P T E M B E R 2 0 2 0 —

BOOST YOUR IMMUNITY AT SCHOOL!

As campus begins to safely open and you prepare to return this fall, it is important to take extra caution to ensure you are doing everything possible to stay healthy. A consistent wellness routine comprised of adequate sleep, regular physical activity, good nutrition, and stress management will help to maintain a healthy immune system.

There is some truth behind, “an apple a day keeps the doctor away.” A diet rich in vitamins and minerals at school is essential for fighting off those illnesses! A well balanced diet will also help you recover more quickly from the sickness. Here’s how to choose the best immune-boosting foods at the dining hall to help keep your immune system in fighting shape.

Studies have shown that fruits and vegetables provide nutrients such as, beta-carotene or vitamin A, vitamin C, and vitamin E—that can boost immune function. Because many vegetables, fruits, and other plant-based foods are also rich in antioxidants, they help reduce oxidative stress!

Vitamin A

Can help fight against chronic disease, keep your vision, skin and muscles healthy! A half cup of baked sweet potato has more than 300% of the daily recommendations of vitamin A.

Vitamin C

Vitamin C has antioxidants that destroy free radicals and support the body’s natural immune response. Foods rich in vitamin C are oranges, spinach, pepper, kale, broccoli, strawberries.

Vitamin E

Vitamin E is a powerful antioxidant that helps the body fight off infection! Vitamin E rich food are nuts, seeds and spinach.





AUTUMN KALE SALAD

Apples are all the rave this time of year, and have just about a million uses! This delicious salad can help you stay healthy this season

Yields: 2 salads

Courtesy of Urban Foodie Kitchen



INGREDIENTS

- 1 cup chopped sweet potato
- 1 Tbs olive oil
- 1 tsp dried rosemary
- 1/4 tsp ground pepper
- dash of salt
- 3 cups kale
- 1/2 cup chopped apple
- 1/4 cup cooked quinoa
- 3 Tbs balsamic dressing

*Optional:

- 6 oz of grilled chicken
- 2 Tbs of sliced almonds toasted,
- ¼ cup of goat cheese crumbles

DIRECTIONS

1. Preheat the oven to 375°F.
2. Add the sweet potatoes, olive oil, rosemary and pepper to a mixing bowl. Toss to coat. Spread the potatoes on a rimmed baking sheet. Roast for 25 minutes.
3. While the potatoes are cooking, chop the kale and slice or chop the apples.
4. To prepare the salads, divide the kale evenly between two large salad bowls. Top with potatoes, apples and quinoa. Add the almonds and dressing. Toss well and serve.



**FOR MORE INFORMATION,
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