



West Virginia Bureau of Senior Services

# Food and Fitness

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## Providing Immune Support in 3 Steps

It's that time of year again, when the weather gets cold and frightful! Unfortunately, along with the cold weather comes cold and flu season. As advanced aging occurs, becoming sick can cause hospitalization and be life threatening.

Finding ways to increase your immune systems response could end up preventing or decreasing illness.



Protecting our immune system starts with a few simple steps everyday. Our immune system is a line of defense that protects the body from harmful germs. The immune system is made up of many cells and organs networked together to ward and fight away infection. Supporting immune health, with the foods we eat and a supportive lifestyle, can provide our body with an extra layer of protection.

Step 1: Eating a nutrient-rich diet and staying hydrated is the first step in immune support. A variety of colors of fruits and vegetables will provide an array of vitamins and minerals. Gear choices toward lean meats and whole grain products in place of high fat meats and processed refined grains. Choose foods rich in beta-carotene, zinc, vitamin C and E.

### Examples:

Beta-carotene—sweet potatoes, carrots, dark leafy greens, butternut squash, cantaloupe, lettuce, red bell peppers, apricots, broccoli and peas

Zinc—oysters, beef, chicken, tofu, pork, hemp seeds, nuts, lentils, yogurt, oatmeal, and mushrooms

(Continues on Page 2)

## Providing Immune Support in 3 Steps

(Continued from Page 1)



Vitamin C—bell peppers, kiwi fruit, strawberries, oranges, papayas, broccoli, tomatoes, kale, and snow peas

Vitamin E—sunflower seeds, almonds, spinach, avocados, squash, kiwi fruit, trout, shrimp, olive oil, broccoli

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*Note: Older people tend to eat less and may not eat a large variety of fruits and vegetables. In that case, speak to your doctor about a vitamin supplement.*

Step 2: Physical and mental health also play a role in maintaining immune support. Get your body moving! Any exercise is better than no exercise. When aging, mobility covers a wide range and can change rapidly. The first step to exercising with aging is knowing your personal limits. Some might not have limited mobility and have a larger box of exercises to pull from, while others are limited, because they have very little ability for free motion and movement. In any circumstance, finding the exercises that keep you moving to promote circulation, heart health, and relax the mind are key to attainable activity goals. Staying positive, reducing stress and getting enough sleep all aid as natural immune boosters.

Step 3: Last, but definitely not least, is preventative care, like handwashing frequently to avoid the spreading of germs. We go around all day touching objects others have handled, so there is a high probability we go behind someone and touch the same items as someone who is contagious, potentially leading to an unwanted sickness. Which brings us to the next in preventative care, getting vaccinated. The flu shot has shown to decrease flu incidents. Those who choose not to get a flu shot might want to take additional preventative measures.

Being sick is for the birds and for advanced senior citizens it can be detrimental. It would be fantastic if we could prevent getting sick completely, however, that is wishful thinking. For now, we can take a few small steps to increase our immune health.








# The Immune System – Your Personal Security

By Andrea Bennett, WVU Extension Agent – Mercer County

## Eat a Rainbow Every Day

Keep track of the colors you eat each day!

	Blue & Purple 	Green 	White & Brown 	Yellow & Orange 	Red 
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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## Vegetable—Bok Choy

Bok Choy is a type of Chinese cabbage. It has a white bulb-shaped bottom with white celery-like stalk stems that flow into a green leaf on the top. Just like regular cabbage, the entire vegetable can be eaten both raw or cooked. The flavor of the boy choy is mild in comparison to other leafy greens.

Bok choy can be found at most grocery stores all year round, but in the colder months it is in its prime. The winter frost makes the bok choy sweeter and gives it a crispier texture. Choose a boy choy that is free of brown spots and doesn't look wilted or rubbery. Bok choy can be found in standard mature form or even as baby bok choy. The cost of bok choy (depending on the local grocery store) runs between 1-2 dollars per pound.

You can store the boy choy in the refrigerator crisper drawer in the plastic produce bag from the store. Remove as much air from the bag as possible and refrigerate. Usually, it can stay fresh for a week after purchase.

For preparation, wash the bok choy thoroughly before cutting or eating. If cooking, the stems take longer to cook then the green portion. Ideally, cook the stems first and then add in the greens later once the stems have softened.

Try bok choy today!



### Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

57%	11%	32%
Carbs	Fats	Protein

Estimated Glycemic Load

1

0 250

Typical target total is 100/day or less

[What is this?](#)

### NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★☆☆☆

**The good:** This food is very low in Saturated Fat and Cholesterol. It is also a good source of Dietary Fiber, Protein, Thiamin, Riboflavin, Nicotin, Magnesium and Phosphorus, and a very good source of Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Folate, Calcium, Iron, Potassium and Manganese.



Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt

Serving size: 1 cup, shredded (170g)

NUTRITION INFORMATION

Amounts per 1 cup, shredded (170g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	20.4 (85.4 kJ)	1%
From Carbohydrate	11.7 (49.0 kJ)	
From Fat	2.3 (9.6 kJ)	
From Protein	6.5 (27.2 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	2.7 g	5%

More details

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	7223 IU	144%
Vitamin C	44.2 mg	74%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.2 mg	1%
Vitamin K	57.8 mcg	72%
Thiamin	0.1 mg	4%
Riboflavin	0.1 mg	6%
Niacin	0.7 mg	4%
Vitamin B6	0.3 mg	14%
Folate	69.7 mcg	17%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.1 mg	1%
Choline	20.6 mg	
Betaine	0.3 mg	

More details

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	3.1 g	1%
Dietary Fiber	1.7 g	7%
Starch	0.0 g	
Sugars	1.4 g	

More details

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.3 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	69.7 mg	
Total Omega-6 fatty acids	52.7 mg	

Learn more about these fatty acids and their equivalent names

More details

Minerals

Amounts Per Selected Serving		%DV
Calcium	158 mg	16%
Iron	1.8 mg	10%
Magnesium	18.7 mg	5%
Phosphorus	49.3 mg	5%
Potassium	631 mg	18%
Sodium	57.8 mg	2%
Zinc	0.3 mg	2%
Copper	0.0 mg	2%
Manganese	0.2 mg	12%
Selenium	0.7 mcg	1%
Fluoride	~	

## Recipe-Garlicky Bok Choy

### Ingredients

- ♦ 1 tablespoon vegetable oil
- ♦ 2 garlic cloves, chopped
- ♦ 1 shallot, chopped
- ♦ 1 pound baby bok choy, rinsed, cut into quarters
- ♦ 1 tablespoon reduced-sodium soy sauce



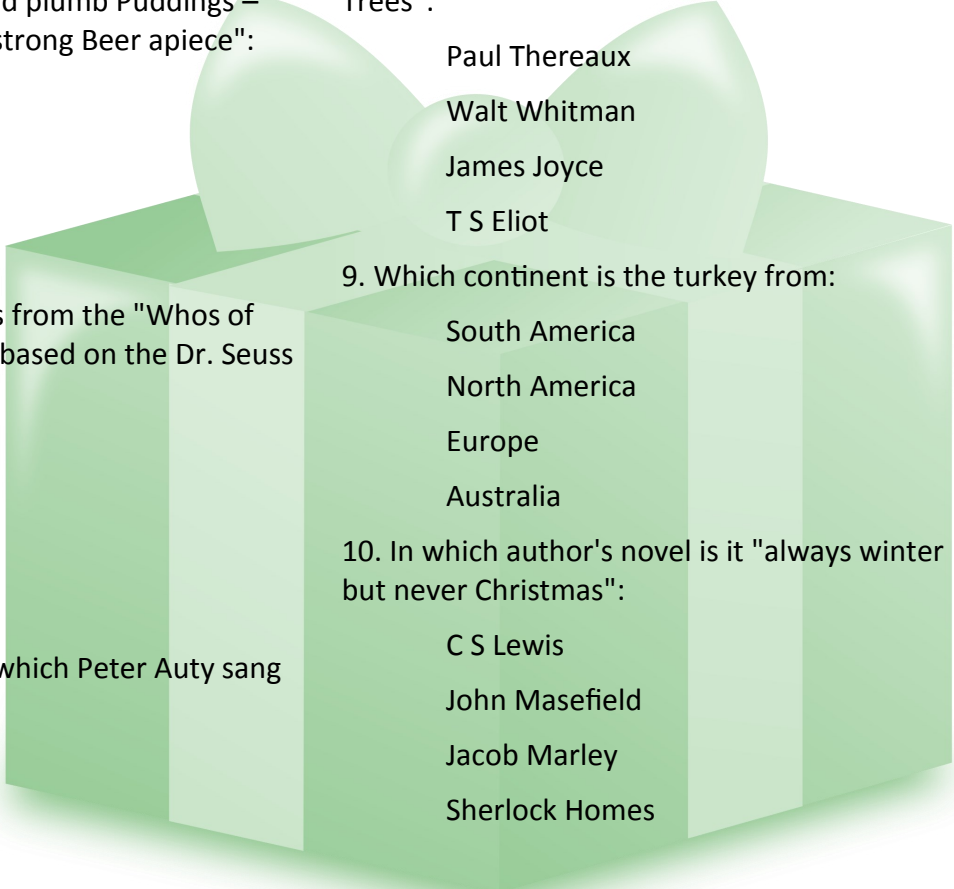
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### Directions

1. Heat oil in a large skillet or wok over medium-high heat.
2. Add garlic and shallot and cook, stirring, until fragrant, about 30 seconds.
3. Add bok choy, soy sauce, and 2 Tbsp. water and cover immediately.
4. Cook 1 minute.
5. Uncover and toss, then cover and cook until bok choy is tender at the core, about 3 more minutes.



**Don't Just Exercise Your Body, Workout Your Brain!****Difficult Christmas Trivia Quiz**[www.ChristmasTrivia.net](http://www.ChristmasTrivia.net)

- 
1. What Christmas plant is "Viscum" used to label:  
Mistletoe  
Holly  
Ivy  
Sage
  2. The name of Scrooge's dead business partner:  
James Willcot  
John Mantis  
Jacob Marely  
Jimmy Booth
  3. Which author made the remark, "I gave them for Dinner a Piece of roast Beef and plumb Puddings – and after dinner half a Pint of strong Beer apiece":  
Philip Larkin  
James Woodforde  
Samuel Johnson  
Evelyn Waugh
  4. Who tried to steal Christmas from the "Whos of Whoville" in the 1966 cartoon based on the Dr. Seuss Story:  
The Grinch  
The Snowman  
Hattie Jacques  
Ian Holm
  5. What was the film called in which Peter Auty sang "Walking in the Air":  
The Grinch  
The Snowman  
Hattie Jacques  
Ian Holm
  6. What Christmas food is made from "marsh-whorts":  
Stuffing  
Sweet Potatoes  
Marshmallows  
Cranberry sauce
  7. Which ocean is Christmas Island in:  
Pacific Ocean  
Atlantic Ocean  
Indian Ocean  
Arctic Ocean
  8. Who wrote the poem, "The Cultivation of Christmas Trees":  
Paul Thereaux  
Walt Whitman  
James Joyce  
T S Eliot
  9. Which continent is the turkey from:  
South America  
North America  
Europe  
Australia
  10. In which author's novel is it "always winter but never Christmas":  
C S Lewis  
John Masefield  
Jacob Marley  
Sherlock Homes

Answers on Page 10

# December 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Eat a Red Apple Day
2 National Fritters Day	3 Advent Begins	4 Santa's List Day	5 Bathtub Party Day	6 St. Nicholas Day	7 Letter Writing Day	8 National Brownie Day
9 Christmas Card Day	10 Human Rights Day	11 National Noodle Ring Day	12 Poinsettia Day	13 Violin Day	14 Roasted Chestnuts Day	15 National Lemon Cupcake Day
16 National Chocolate Covered Anything Day	17 National Maple Syrup Day	18 Bake Cookies Day	19 Look for an Evergreen Day	20 Go Caroling Day	21 Humbug Day	22 National Date Nut Bread Day
23 Roots Day	24 National Egg Nog Day	25 Christmas Day	26 Boxing Day	27 National Fruitcake Day	28 Card Playing Day	29 Pepper Pot Day
30 Bacon Day	31 New Year's Eve					

## December Monthly Observances

Bingo Month

Write a Friend Month

The holidays are here.





# The Immune System – Your Personal Security

By Andrea Bennett, WVU Extension Agent – Mercer County



**Monthly Challenge:** Choose three fruits or vegetables to eat each day for one week (use the “Eat A Rainbow” chart in this month’s Healthy Extras as guidance.)

## Health Motivator Talking Points

The immune system protects us from infection and illness. Treating our body well helps it fend off millions of bacteria, viruses, microbes, toxins and parasites. Our immune systems become less responsive as we age. The good news is that healthy lifestyles keep immune systems strong:

- *Avoid infection.* Wash hands often and brush your teeth regularly.
- *Do not smoke.* Protect yourself from breathing or absorbing toxins.
- *Find ways to manage stress* that work best for you.
- *Get 8 hours of sleep* to rest your body, mind and spirit.
- *Exercise* to help control blood pressure, blood sugar and weight.
- *Be skeptical about products* that claim to boost immunity.
- *Ask a health care provider* about screenings and vaccines you need.
- *Follow food safety guidelines.*
- *Eat plenty of nutrient-rich foods.* Which of these are your favorites?
  - Vitamin A – carrots, sweet potatoes, cantaloupe, winter squash
  - Vitamin B – eggs, bananas, chicken breast, tuna, chickpeas
  - Vitamin C – oranges, leafy greens, peppers, strawberries
  - Vitamin D – fatty fish, fortified milk, cereal, orange juice
  - Vitamin E – almonds, peanuts, spinach, broccoli
  - Folic Acid – beans, peas, leafy greens, whole grains
  - Iron – chicken, turkey, seafood, beans, broccoli, kale
  - Selenium – garlic, broccoli, sardines, tuna, barley
  - Zinc – oysters, lean meat, poultry, yogurt, chickpeas

### Quick Club Activity:

1. Give each person paper and pen. Each writes something that could attack their immune system.
2. Crumple papers and throw as if attacking other participants.
3. Each person picks up a paper, reads it and writes on it one way they can keep their immune system strong to protect from the attack.
4. Share these ideas.
5. Share the Monthly Challenge. What is your favorite food in the rainbow?

## Learn More

<https://health.clevelandclinic.org/2015/01/eat-these-foods-to-boost-your-immune-system/>



**Chuckle of the Month:** Want to hear a joke about my immune system? Actually, I’d rather not tell – it’s pretty weak.

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**West Virginia Bureau of Senior Services**

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**Brain Exercise Answers**

**Question 1:** The correct answer is the **Mistletoe**.

**Question 2:** The correct answer is **Jacob Marely**.

**Question 3:** The correct answer is **James Woodforde**.

**Question 4:** The correct answer is **The Grinch**.

**Question 5:** The correct answer is **The Snowman**.

**Question 6:** The correct answer is **Cranberry sauce**.

**Question 7:** The correct answer is **Indian Ocean**.

**Question 8:** The correct answer is **T S Eliot**.

**Question 9:** The correct answer is **North America**.

**Question 10:** The correct answer is **C S Lewis**.



**This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.**

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