



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFE STYLES

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All About Immune Boosting Nutrition



As we approach cold and flu season, it is important to know that our **immune system** is **directly affected** by our **NUTRITION**. This **intricate connection** is partly due to our **MICROBIOTA**, or the “good bacteria” in our gut, & the **powerful NUTRIENTS** that **support our body** in fighting infections!¹

An undernourished body struggles to fight infections.¹

Undernourished can mean not eating enough BUT it can also mean not eating the “right” foods.

A diet high in energy-dense, nutrient-lacking food can cause a weak immune system to immerge.¹

However, a **well balanced diet with nutrient-dense food** can **support** a seemingly **unstoppable immune system**.

What’s in our foods that make them so powerful for immune function?

- **Antioxidants** find and attack reactive free radicals within your body. If these free radicals are not controlled they can create unnecessary inflammation, pre-occupying your immune system and creating suppressed reactions to pathogens.³
- **Probiotics** are the gut “bugs” in certain foods like yogurt, kombucha, and some supplements that help develop a healthy microbiome.
- **Prebiotics** are the “food” that the gut “bugs” act on which generally includes fibrous fruits and vegetables.
- **Polyphenols** are able to target pathways within the body that trigger immune system regulation.⁴
- **Minerals & Vitamins** are the powerhouses for the immune system because they are used in reactions that produce immune cells, support immune cells, and help immune cells better attack pathogens.



Research Dive

Your gut microbiome is unique to you. As more research is done there develops more understanding of the true dependency between our gut bacteria and our health including immune function.

Simply put, a healthy microbiome translates to a better functioning immune system!

One research article looked at plant-based fiber versus fermented foods and their effects on the microbiota health.²

When individuals were put on respective diets for 6 weeks, results showed that **fermented foods** were able to better increase microbiota diversity and remodeling.² This type of change also resulted in less inflammation and a **better functioning immune system**.²

Food Focus

→ Fermented Foods

Kefir, yogurts with live cultures, sauerkraut, kombucha, kimchi, miso⁵

→ Fruits

Bananas⁵, citrus (oranges, grapefruits, lemons, limes), papaya, kiwi³

→ Vegetables

Leeks, onions, garlic, asparagus, artichokes,⁵ red bell peppers, broccoli, spinach³

→ Protein

Poultry, almonds, sunflower seeds³

→ Herbals

Echinacea, green tea⁵, ginger, turmeric³



Try these EASY but, immune boosting recipes this flu season!

The QR code contains various recipes that combine many of the ingredients mentioned into delicious meals for better immune function!



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