

Fight Stress and Build Your Immunity with these Foods



BlueCross BlueShield of Mississippi

It's good to be Blue.

Nutrients to build your immune system:

▶ Protein

- Lean meats and fish
- Low-fat dairy
- Tofu
- Soy
- Beans
- Seeds and nuts

▶ Zinc

- Oysters
- Lean beef
- Poultry
- Nuts
- Fortified cereal

▶ Vitamin A

- Carrots
- Papaya
- Fortified Milk
- Tomatoes
- Sweet Potatoes
- Dark Green veggies
- Eggs

▶ Vitamin C

- Oranges
- Grapefruit
- Broccoli
- Peppers
- Strawberries

▶ Vitamin E

- Wheat germ
- Nuts
- Seeds
- Oils
- Spinach
- Kiwi
- Mangos

Go Green!

Green veggies have been shown to improve immune health, so eat more broccoli, kale, spinach, bok choy and swiss chard.

Immune Boosting Recipes:

Power Citrus Salad

Yields: 6 servings (1 c. serving size)

Ingredients

- 3 kiwi fruit, peeled and sliced (about 1 c.)
- 4 oranges, peeled and sliced (about 2 c.)
- 2 red grapefruit, peeled and sectioned (about 2 c.)
- ¼ c. pomegranate seeds (about 1 pomegranate)
- 1 tsp. orange-flower water (optional)
- 2 Tbsp. coarsely chopped pistachios

Directions

Divide kiwi fruit and oranges evenly among 6 serving bowls; top evenly with grapefruit and pomegranate seeds. Drizzle orange-flower water evenly over fruit, if desired. Sprinkle each serving with 1 tsp. pistachios.

Source: *Cooking Light*

Immune Booster Beverage

Yields: 2 cups

Ingredients

- 1 grapefruit, peeled and cut into chunks
- 2 medium oranges, peeled and cut into chunks
- 3 kiwis, peeled and cut into chunks

Directions

In a blender, combine grapefruit, oranges, and kiwis; blend, scraping down sides occasionally, until smooth. Strain juice and, if desired, thin with water. Refrigerate up to 2 days (shake before serving).

Source: *Health*

Honey-Roasted Nuts & Fruit

Yields: 8 servings (¼ c. serving size)

Ingredients

- 1 tsp. margarine
- ¼ c. honey
- ¼ c. slivered almonds
- ¼ c. chopped hazelnuts
- ¼ c. chopped pecans
- ¼ c. sunflower seeds
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. salt
- Dash of ground cloves
- 1 c. raisins

Directions

Line a baking sheet with parchment paper or foil; coat with cooking spray. Heat margarine in a large nonstick skillet over medium-high heat. Stir in honey; cook 2 minutes or until mixture bubbles around edges of pan. Add nuts and next 5 ingredients (nuts through cloves), and cook over medium heat 8 minutes or until nuts are golden, stirring frequently. Stir in raisins. Immediately spread onto prepared baking sheet; cool completely.

Source: *Cooking Light*