

Spice of Life

Nutrition Education Newsletter

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Brought to you by your
Neighborly licensed dietitians

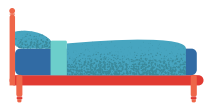
Boost Your Immune System

Did you know

- Stress and lack of sleep can weaken your immune system
- An important part of your immune system is actually in your gut or "GI tract"



6 easy ways to boost your immune system



Get your beauty rest!
Sleep 7-9 hours each night



Cope with stress by listening to music or taking a daily walk



Eat 5-7 servings of fruits and vegetables per day



Eat foods to improve gut health such as yogurt and fermented foods such as sauerkraut or kimchi



Eat foods rich in zinc such as beef, seafood, beans, and nuts



Get your annual flu and pneumonia vaccines