

# Spice of Life

Nutrition Education Newsletter



MEALS on WHEELS  
PINELLAS COUNTY

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Brought to you by your  
Licensed Dietitian Nutritionist

## Boost your immune system

As we get older, our immune system may not be as resilient as it once was, making it easier to get sick. But did you know there are easy things you can do every day to ward off colds, the flu, and now COVID-19?

### 4 Ways to Boost Your immune System



#### Stay up to date with vaccines.

Get your flu, pneumonia, and COVID-19 vaccines. Inquire about the shingles vaccine & Tdap booster shot.



#### Don't smoke and limit alcohol.

Smoking and excessive alcohol use decrease the immune system's ability to protect the body.



#### Stress less and sleep more.

Physical activity boosts circulation and helps manage stress. Aim for 8-9 hours of sleep each day, so your body can repair and recharge properly.



#### Eat a balanced diet.

Eating a variety of foods is essential to get all of the disease-fighting nutrients your body needs.



Want more information on how to boost your immune system?

Call 727-573-9444 to speak with your licensed dietitian nutritionist.

Sources: <https://health.clevelandclinic.org/5-tips-make-immune-system-stronger-age/>  
<https://www.cdc.gov/vaccines/vac-gen/imz-basics.htm>  
<https://www.mayoclinic.org/diseases-conditions/insomnia/expert-answers/lack-of-sleep/faq-20057757>  
<https://www.houstonmethodist.org/blog/articles/2020/mar/5-ways-to-boost-your-immune-system/>  
<https://health.clevelandclinic.org/eat-these-foods-to-boost-your-immune-system/>