



NUTRITION CORNER

From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN, CDE*

Boosting Your Immune System

This year has been like no other we have ever seen. A strong immune system helps you to fight off and prevent infection. As we age this just happens to get a little bit more difficult. The best way to boost your immune system is with nutrition!

- Eat hot foods when they are hot! Micro-organisms grow at room temperature
- Increase your intake of cooked leafy green vegetables: they provide added sources of B vitamins and Iron
- Increase your intake of fruits
- Add spices such as ginger, black pepper and garlic while cooking, they offer anti-inflammatory properties
- Drink plenty of water, this helps to flush the toxins from the body
- Add probiotics into your diet, like yogurt - this helps to maintain what is called a “healthy gut”
- Eat a well balanced healthy diet and exercise, exercise!



Wash your hands,
wear a mask when
in public,
STAY HEALTHY!



The OFA gratefully accepts voluntary contributions. Checks payable to Ulster County.
Your contributions help keep senior programs available.

For information on OFA's Community Café's please call **Gateway Hudson Valley @ 331-2180**