

Flu-Fighting, Immune-Boosting Foods

GINGER contains a potent phytonutrient called gingerol that is believed to alleviate inflammation. This is why it may help lower the intensity of aches, pains, and high fever associated with the flu. And a hot cup of ginger tea can be soothing to an itchy, sore throat. Sip away for immune-boosting benefits.



GARLIC is part of the allium family of vegetables (onions being another) which are known to have beneficial effects on several body systems including the immune system. Research has demonstrated that garlic extracts can help the body defend against various viruses, including rhinovirus (cause of common cold), as well as influenza. To take full advantage of the benefits garlic offers, chop it and allow it to sit 10 to 15 minutes before consuming for the beneficial compounds to activate.



BEANS are described by several experts as a perfect food: a complete package of starch, fiber, protein, antioxidants and other health-promoting components. Their primary flu-fighting component is protein— a key to helping you bounce back from illness by contributing to fluid balance and enhancing immune response. While most Americans have no issues meeting protein needs, when sick it's often easier to choose carbs first. So your best bet is to add the little protein powerhouses to a comforting soup.



CITRUS FRUITS are likely no surprise on this food list. Packed with vitamins, minerals and phytochemicals, their not-so-secret weapon against illness is vitamin C, an antioxidant well known for boosting the immune system. While not a cure all, citrus fruits are refreshing and may help tame symptoms or shorten duration of illness.

RED PEPPERS can be enjoyed sliced, diced, raw or cooked. Gram for gram, they have two times the amount of vitamin C as oranges and other C-containing produce! Vitamin C is not only known to aid in shortening duration of cold symptoms, it protects skin—the body's first line defender against viruses.



MUSHROOMS of various types (white, cremini, Portobello, oyster, shiitake, maitake, reishi) may stimulate the immune system. They contain a known antioxidant, vitamin B2 (riboflavin) to help the body defend against free radicals. A one-cup serving provides 24 percent of our daily B2 needs! Mushrooms also offer anti-inflammatory compounds selenium and ergothionine.



CHICKEN SOUP is another proven immune booster. According to Eating Well and other reputable sources, scientific evidence exists to support how it can make you feel better when dealing with flu or cold symptoms. Chicken soup triggers common white blood cells in the body that help defend against infection and potentially lower respiratory tract inflammation. In addition, the steam from hot soup of any kind can loosen stuffy sinuses and provide warm comfort.

PROBIOTIC FOODS LIKE YOGURT with live, active cultures contain beneficial bacteria that, among other things, can increase white blood cell counts thereby boosting immunity. Try Greek-style plain yogurt for additional protein in place of fatty sour cream or use as the base for dips and marinades.



Flu-Fighting Foods: Recipes

TRIPLE CITRUS COOLER

Recipe from *The Healthy Mind Cookbook* by Rebecca Katz

Ingredients

- | | |
|-------------------------------------|---|
| 1 large grapefruit | 1 tablespoon honey |
| 1 Meyer lemon | Frozen berries |
| 1 orange | 2 cups seltzer water |
| 1 cup filtered water | Lemon or other citrus slices, for garnish |
| 8 sprigs fresh thyme or lemon thyme | |



Method

1. To make syrup: Juice the citrus into a saucepan (one cup juice total). Add water and thyme. Over medium heat, bring liquid to a strong simmer. Cook for about 25 minutes, or until it is reduced by half. Do not stir.
2. Fill two glasses with ice or frozen berries, add 1/4 cup of syrup to each and top off with seltzer water.
3. Garnish with a slice of lemon or other citrus.

Yield: 2 servings

GREEK YOGURT MARINATED CHICKEN

Recipe from *The Nutritious Life*

Ingredients

- 1 cup plain, low-fat Greek-style yogurt
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1 clove garlic, minced
- Salt and freshly ground black pepper
- 2 pounds skinless chicken breasts (*choose organic whenever possible*)



Method

1. In a small bowl, whisk together the yogurt, olive oil, chili powder, garlic, salt and pepper.
2. Place chicken in a container and pour yogurt marinade over the breasts. Cover and let sit in the refrigerator overnight.
3. Preheat grill.
4. Remove chicken from marinade and season with additional salt and pepper to taste.
5. Brush hot grates lightly with oil, and grill over medium heat until chicken is cooked through.

Yield: 1 serving



BROCCOLI SALAD

Recipe adapted from "Healthy Holiday Cooking,"
Center for Fitness and Health, Shady Grove
Adventist Hospital

Ingredients

- 1 clove garlic, minced
- 1/4 cup mayonnaise
- 1/4 cup low-fat sour cream (or substitute Greek style yogurt plus a teaspoon of lemon juice)
- 2 teaspoons apple cider vinegar
- 1 teaspoon sugar (or honey)
- 4 cups finely chopped broccoli crowns
- 1/4 cup sliced almonds
- 3 slices turkey bacon, cooked and crumbled (or substitute with either 3 tablespoons chopped sundried tomatoes)
- 3 tablespoons dried cranberries
- Freshly ground black pepper to taste

Method

1. Whisk garlic, mayonnaise, sour cream (or yogurt), vinegar and sugar (or honey) in a large bowl.
2. Add broccoli, almonds, bacon (or substitute), cranberries and pepper.
3. Stir to coat well with the dressing.

Yield: **8 servings**

Nutrition per serving (using yogurt vs sour cream):
76 calories, 4.3 grams fat, 0.5 grams saturated fat,
114 milligrams sodium, 174 milligrams potassium,
6 milligrams cholesterol, 6.5 grams carbohydrate,
1.7 grams dietary fiber, 2.2 grams sugars, 3.6 grams protein

COOK'S NOTES

- Cover and refrigerate for up to one day ahead.
- Use pre-cut bagged broccoli to save prep time.

Flu-Fighting Foods: Recipes

SUPERCHARGED VEGETABLE BROTH

Recipe from Williams Sonoma Test Kitchen

Ingredients:

- 1 cup greens, such as kale, spinach or watercress
- 1 cup sliced mushrooms, such as shiitake or cremini
- 1/2 cup thinly sliced radishes
- 1 jalapeño pepper, thinly sliced
- 2 unpeeled garlic heads, halved horizontally
- 1 unpeeled red onion, quartered
- 1 unpeeled shallot, halved horizontally
- 2-inch piece fresh ginger, thinly sliced
- 4 fresh sage sprigs
- 4 fresh basil sprigs
- 2 Tablespoons extra-virgin olive oil
- 2 Tablespoons apple cider vinegar or fresh lemon juice
- 1/4 teaspoon sea salt

Method:

1. In a large Dutch oven (or large soup pot), combine all ingredients. Add 3 quarts of water. Over medium-high heat, cover and bring to a boil. Reduce heat to a gentle simmer and cook, covered, until the broth is flavorful, about one hour.
2. Strain the broth into a large bowl; discard the solids.
3. Ladle into individual bowls or mugs, season to taste, and serve hot.

Yield: 6-8 servings



Photo from Williams Sonoma Web site

CARROT & TURMERIC SOUP WITH SEASONED YOGURT TOPPING

Recipe adapted from Williams Sonoma Test Kitchen

Ingredients (soup):

- 2 pounds carrots, peeled and cut into 2-inch pieces
- 1 yellow onion, peeled and cut into 8 wedges
- 5 garlic cloves, peeled
- 1/3 cup extra-virgin olive oil
- 2 teaspoons ground turmeric
- 2 teaspoons ground coriander
- 1 teaspoon cardamom
- Kosher salt and freshly ground pepper, to taste
- 3 cups lower sodium chicken or vegetable broth, plus more as needed

Ingredients (topping):

- 1/2 cup plain, low-fat Greek-style yogurt
- 1 teaspoon grated orange zest
- 1 teaspoon thyme
- 1 teaspoon oregano
- Fresh cilantro leaves for garnish



Photo from Williams Sonoma Web site

Method:

1. **To make the soup:** Preheat oven to 375. In a large bowl, combine carrots, onion, garlic, olive oil, spices, salt and pepper. Toss to coat the vegetables well. Transfer the mixture to a baking sheet and spread in an even layer. Roast in oven until carrots are beginning to caramelize and easily pierced by a fork, about 40 to 45 minutes. Then transfer the baking sheet to a wire rack and let cool slightly.
2. Place warm vegetables to a high-powered blender. Add the broth and blend on medium speed until smooth. Then increase the speed to high and continue blending until the mixture is creamy, about a minute more. If desired, add more broth and blend again to achieve desired thickness.
3. Transfer soup to a large sauce pan over medium-low heat to keep warm.
4. **To make the topping:** In a small bowl, stir together the yogurt, zest and spices. Season with salt and pepper to taste.
5. Ladle soup into warmed bowls and top with a spoonful of the yogurt mixture. Sprinkle soup with cilantro and serve hot.

Yield: 4 Servings



DR. FUHRMAN'S FORMULA FOR SOUP

 Start with a BASE Low- or no-sodium: CARROT JUICE TOMATO JUICE CELERY JUICE VEGETABLE BROTH 1	 Savor the VEGETABLES MUSHROOMS TOMATOES CAULIFLOWER/ZUCCHINI BROCCOLI/SOYASIS CELERY/PARSNIPS 2	 Add cruciferous & leafy GREENS Puree or blend: KALE/SPINACH COLLARD/MUSTARD SWISS CHARD CABBAGE BOK CHOY 3
 Enhance the FLAVOR No-salt seasoning* BASIL, CILANTRO, PARSLEY, DILL, THYME, OREGANO, CHILI OR CURRY POWDER, CAYENNE OR BLACK PEPPER, ROSEMARY/LEMON 4	 Include some ALLIUM Puree or blend: ONIONS GARLIC LEeks/CHIVES SHALLOTS GINGER 5	 Build muscle with BEANS Soak overnight or cook in water: CANNELINI RED KIDNEY LENTILS/SPLIT PEAS BLACK/PINTO CHICKPEAS/EDAMAME 6

5 FLU FACTS

PROTECT YOUR HEALTH



Are you worried about getting the flu? Flu typically peaks between December and February so don't delay. Learn the facts about flu and how you can avoid getting sick.

FACT 1

Flu affects millions of people every year. Most people recover from the illness in less than two weeks, but it can lead to more serious conditions, such as pneumonia. Flu-related illnesses result in hundreds of thousands of hospitalizations and tens of thousands of deaths every year, according to the Centers for Disease Control and Prevention (CDC).

FACT 4

A vaccination isn't a guarantee against the flu. Besides getting a flu shot, you also should avoid contact with people with the flu, wash your hands often and maintain a healthy lifestyle to support your immune system. Eat right, exercise, get enough sleep and manage your stress.

FACT 2

Everyone ages 6 months and older should get a flu shot every year. Vaccinations are especially important for people at high risk for flu-related complications, including:

- Those with chronic conditions, such as asthma, diabetes, heart disease, kidney disease and liver disease
- Children younger than age 5, especially those younger than age 2
- Adults at least age 65
- Nursing home and other long-term care residents
- Pregnant women and women up to two weeks after delivery.

Note: People with severe allergies to chicken eggs as well as certain other individuals, should talk to their doctors before getting vaccinated.

FACT 3

A flu vaccine can't cause the flu. The vaccine is made from inactivated, non-infectious viruses or no viruses at all.

FACT 5

The CDC recommends flu vaccination begin soon after the vaccine becomes available, if possible, by the end of October. Immunity lasts through a flu season for most people. However, it's not too late to be vaccinated, even in January or later, since flu viruses are still circulating.

FLU SYMPTOMS CAN TAKE YOU BY SURPRISE

Flu is different from a cold. It usually comes on suddenly. People with flu often experience:

- Body aches
- Chills
- Cough
- Fatigue
- Fever
- Headache
- Runny or stuffy nose
- Sore throat
- Upset stomach, vomiting or diarrhea

