

Nutrition Highlights

Boost Your Immune System Naturally!

Welcome to HealthBarn USA where living a healthy lifestyle is a top priority in keeping the body's nature defense system strong and fit. We know that one hour of exercise daily is important to keep the physical body fit. But what about our immune system that protects our entire body? Typically, we don't think about this system until we are not feeling well. Here are healthy living strategies and a recipe to turbo boost your immune system naturally year-round.

General Wellness Tips

The immune system is a dynamic structure, not a single entity, that must be balanced and in harmony to operate at its best for your protection:

- ✓ Eat a variety of fruits and veggies
- ✓ Wash hands for 20 seconds often; and sanitize!
- ✓ Get adequate sleep (at least 8 hours/night)
- ✓ Meditate (guided if needed)
- ✓ Avoid smoking
- ✓ Exercise daily (minimum one hour/day)
- ✓ Moderate alcohol consumption
- ✓ Reduce sugar and avoid artificial sweeteners
- ✓ Hydrate daily (warm water or room temperature)
- ✓ Spend quality time with family & friends
- ✓ Prepare meals at home!



Nature is Calling YOU!

- Be outside for 10-15 minutes/day for a dose of vitamin D
- Dig in the dirt to spend time with microbes to build your immunity; composting is even better!
- Ride a bike
- Take a brisk walk in fresh air for 45-60 minutes/day.

Not Eating Enough Veggies?

Try these dietary supplements from reliable brands to maintain a strong immune system:

- ✓ Multivitamin
- ✓ Vitamin D
- ✓ Probiotics
- ✓ Omega-3 fatty acids



- **Fruits:** blueberries, strawberries, raspberries, apples, persimmon, oranges (all varieties), grapefruit, pomegranate, lemon, lime;
- **Vegetables:** leafy greens (kale, collard, spinach), broccoli, bell peppers, carrots, butternut squash (all varieties);
- **Whole Grains:** quinoa, oats, millet, brown rice;
- **Lean Proteins:** salmon, eggs, chicken, sprouted tofu, black & adzuki beans (all varieties), lentils;
- **Fermented foods:** sauerkraut, yogurt, kimchi, kefir, tempeh, miso, soy sauce (low-sodium);
- **Prebiotics (inulin):** onions, garlic, asparagus, leeks, dandelion greens, burdock root, barley, seaweeds;
- **Polyphenols:** cocoa, dark chocolate, green tea;
- **Nuts & Seeds:** walnuts, almonds, flaxseeds, hemp seeds, sunflower & pumpkin seeds;
- **Herbs & Spices:** tulsi leaves, echinacea, chamomile flowers, turmeric, ginger, oregano (& oil), thyme, triphala, cinnamon, fresh parsley & cilantro;
- **Sweeteners:** local honey, molasses, jaggery.

Cook & Eat a Variety of Fresh, Whole Foods, Mostly from Plants



The Rainbow Quinoa Salad: This fresh and flavorful creation uses the whole grain quinoa (pronounced *keen-wah*) high in protein and antioxidants. The combination of vitamin C and iron in this recipe is really important, because your body uses the vitamin C to help absorb the iron. Simple to make and loaded with good nutrition to boost your immune system anytime of the day.

Ingredients:

- 2 cups quinoa
- 3 cups water
- 1 ½ tablespoons extra-virgin olive oil
- 1 tablespoon minced shallot
- Juice of ½ a lemon
- 1 teaspoon sherry vinegar
- 1 teaspoon chopped fresh dill
- ¼ teaspoon sea salt
- 1 cup cherry tomatoes, quartered
- ½ yellow bell pepper, cut into 1/4-inch dice (1/2 cup)
- 1 small unpeeled Kirby cucumber, cut into 1/4-inch dice (1/2 cup)
- ¼ cup crumbled feta cheese (1 ounce)

Directions:

- Rinse quinoa with cold running water and drain.
- In large saucepan, heat water to boiling over high heat. Stir in quinoa. Reduce heat to low; cover and simmer about 15 minutes or until liquid is absorbed. Uncover and fluff quinoa with fork. Set aside to cool to room temperature.
- In large bowl, whisk together oil, shallot, lemon juice, vinegar, dill, and salt. Add tomatoes, pepper, cucumber, and feta and toss to mix. Gently stir in quinoa.

Makes 7 servings (1 cup per serving).

Nutrition Facts per serving: 240 calories; 7g fat (1g sat fat, 3g mono, 3g poly, 0g trans fats); 5mg cholesterol; 36g carbohydrate (3g fiber, 1g sugar); 8g protein; 95mg sodium; 4% Daily Value (DV) vitamin A; 40% DV vitamin C; 6% DV calcium; 25% DV iron.



If you like this recipe, check out: *Appetite for Life*, Stacey Antine, Harper One on www.amazon.com.