

December: Staying Healthy This Holiday Season



With the holidays quickly approaching eating healthfully tends to get put on the back burner. Did you know that what you eat can affect how good your immune system works? Spending a little time taking care of yourself daily can save you days worth of time from being sick. Antioxidants and vitamins are things that we get from the foods we eat. We can also get them from supplements, but they are much more affordable when purchased in the produce department! Vitamin and antioxidant supplements can range from \$5 all the way to \$30.00 per container or more! You can get more than a weeks worth of your vitamin and mineral needs for less than \$10 in the grocery store. Three of the most common and useful antioxidant vitamins in the body are Beta-carotene, Carotenoids, Vitamin C, and Vitamin E. You can get these by eating fruits and vegetables!

Beta-carotene and Carotenoids are found in: Apricots, asparagus, beets, broccoli, cantaloupe, carrots, corn, green peppers, kale, mangoes, turnip and collard greens, nectarines, peaches, pink grapefruit, pumpkin, squash, spinach, sweet potato, tangerines, tomatoes, and watermelon

Vitamin E is found in: Broccoli, carrots, chard, mustard and turnip greens, mangoes, nuts, papaya, pumpkin, red peppers, spinach, and sunflower seeds

Vitamin C is found in: Berries, broccoli, Brussels sprouts, cantaloupe, cauliflower, grapefruit, honeydew, kale, kiwi, mangoes, nectarines, orange, papaya, red, green, or yellow peppers, snow peas, sweet potato, strawberries, and tomatoes

Below are some ideas to get antioxidants with every meal! *For breakfast have some oatmeal topped with fresh or frozen berries and peanut butter. You get antioxidants from get berries, whole grains from the oats, and protein from the peanut butter.



*For Lunch take a whole wheat tortilla and fill it with sliced chicken, lettuce, spinach, sliced red bell peppers, sliced carrots, cheddar cheese, and light ranch dressing. You are getting antioxidants from the colorful veggies, whole grains from the tortilla, and protein from the chicken.

*For dinner make Mediterranean style rice and beans with brown rice, white beans, garlic, spinach, broccoli, red onion, olive oil, black olives, and feta cheese. You are getting antioxidants from the spinach, broccoli, garlic and red onion, whole grains from the brown rice, and protein from the white beans.

