

NUTRITION FORECAST

Reliable information to promote a healthy lifestyle
before, during, and after cancer treatment.

Winter 2019

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Boost Your Immune System

It's Not That Simple

The idea of boosting your immune system seems intriguing, especially during these cold winter months, but one single food or supplement will not automatically boost your immune system. There are a variety of factors that contribute to strengthening your immune system – getting adequate rest, engaging in regular physical activity, maintaining a healthy weight, eating a variety of fruits, vegetables, and whole grains, and washing your hands regularly.

Foods that *Suppress* the Immune System

Added Sugars – Whether you're consuming natural sugars or artificial sugars, it's important to monitor your portions. Although honey and agave nectar are natural sugars, both are considered added sugars. The American Heart Association recommends limiting added sugars to 9 teaspoons (36 grams) per day for men and 6 teaspoons (24 grams) for women. Swapping any sugar sweetened beverage for water can help cut out around 400 calories per day.

Refined Starches – Limit “white” or “enriched” grains and choose more whole grains such as quinoa, brown rice, and 100% whole wheat bread.

Saturated & Trans Fats – We still need some fats in our diets, but moderation is key. When cooking, try to use 1-2 tablespoons of oil. Remember to check the ingredient list to make sure there aren't any trans fats, which are listed as partially hydrogenated oils.

Foods that *Support* the Immune System

Prebiotics and Probiotics

You're probably heard about probiotics (good bacteria), but have you heard about prebiotics? Not only do we need to eat food to strengthen our body, but we also need to eat to strengthen our good bacteria in our gut; prebiotics help to do just that – they are the food for our probiotics. Prebiotics are found in foods with fiber such as oranges, beans, oats, and asparagus. Probiotics are in foods like yogurt, cottage cheese, and kefir. We're learning so much more about how keeping our gut healthy and strong can help us stay healthy and strong.

Eat a Variety of Fruits, Vegetables, Whole Grains, & Lean Protein

You've heard me say this over and over again, but I'll say it one more time – Eat a variety of fruits, vegetables, whole grains, and lean protein. When you eat the same foods all of the time, you're missing out on so many different nutrients! Your body needs all of the different vitamins and minerals like vitamin A, C, D, and E. With that said, you likely do not need to take a supplement for these nutrients unless your doctor says you are deficient and you actually need it. Remember, too much of a good thing isn't always better. Typically, your body will utilize the nutrients in food better than from a pill.

Whole Grains – Quinoa, Amaranth, Farro, Barley, Brown Rice

Vitamin A – Whole Milk, Eggs, Sweet Potatoes, Cantaloupe

Vitamin C – Kiwi, Mango, Cauliflower, Green Peppers

Vitamin D – Eggs, Saltwater Fish, Fortified Foods (Milk)

Vitamin E – Vegetable Oils, Nuts, Seeds



Leigh's Broccoli Mozzarella Soup

It's been so cold outside! Why not cozy up with a warm bowl of my broccoli mozzarella soup! It's loaded with vitamins K and C, and is a good source of folate, potassium, and fiber. Enjoy!

Ingredients

- Cooking spray
- 1 cup chopped onion
- 2 garlic cloves, minced
- 4 cups fat-free, less sodium chicken broth
- 1 cup of shredded mozzarella cheese
- 1 (32oz) package broccoli florets
- 2 ½ cups 1% reduced-fat milk
- 1/3 cup all-purpose flour
- ¼ teaspoon black pepper



Directions

1. Heat a large non-stick saucepan coated with cooking spray over medium-high heat. Add onion and garlic; sauté for 3 minutes or until tender. Add broth and broccoli. Bring broccoli mixture to a boil over medium-high heat. Reduce heat to medium; cook 10 minutes.
2. Combine milk and flour, stirring with a whisk until well blended. Add mixture to broccoli mixture. Cook 5 minutes or until slightly thick, stirring constantly. Stir in pepper. Remove from heat; add cheese, stirring until cheese melts.
3. Place 1/3 of the soup in a blender or food processor, and process until smooth. Return puree soup mixture to pan. Serve immediately. Enjoy!

Source: Leigh Tracy, RD, LDN, CDE



Leigh Tracy, RD, LDN, CDE
Outpatient Oncology Dietitian
Mercy Medical Center

Thursdays and Fridays
Ltracy@mdmercy.com
410.332.4879

Email Ltracy@mdmercy.com to sign
up to receive this quarterly
newsletter!