

# NUTRITION NEWS

Optimal You Dietitians Bringing Nutrition Straight to You.



## DECEMBER 2020

Holidays can be a time of indulgent foods *AND* intentional choices. While sweet treats can fit in a balanced, nutritious diet, this month we provide simple, tasteful tips to nourish your health and taste buds!



# NUTRITION & IMMUNITY

When our immune system is weak, we're more susceptible to illness. A healthy, strong immune system is built by a variety of wellness practices including hydration, gut health, sleep, stress management and nutrition.

How are your nutrition defenses? Consider your dietary 'staples'. While convenience foods may be a cheap and easy pick, they can cause inflammation, decreasing your resistance to harmful bacteria and viruses. If you frequently eat processed, refined grains and ultra-processed packaged foods, it can disrupt your protective immune efforts, sabotaging your health over time.

Inventory your kitchen. Do you stock colorful produce, in-tact grains, and a variety of plant-based proteins? Eating a diet high in nutrient-dense foods can boost immunity. Incorporate a variety of whole foods in your meals and snacks to help increase your immune defenses. Stock your kitchen with foods including key immunity 'boosters' to nourish your health.

Your diet serves as one building block of many to support your well-being. Choose foods that fuel your body and build immune defenses. It could be one of the best prescriptions for a healthy season and beyond.

IMMUNE BOOSTER	KEY ROLL	SOURCES	DIETITIAN TIP
FOLATE	Aids in production of WBC, the 'soldiers' of the immune system	Leafy green vegetables, fruit, broccoli, beans & lentils.	Wilt spinach into nearly every dish. Try eggs, soups, brown rice or whole grains.
IRON	Crucial for immune cell growth, needed for optimal immune response.	Meat, beans, lentils, cashews, whole grains & eggs.	Add canned, salt-free beans to your favorite whole grain.
SELENIUM	Lowers oxidative stress, reducing inflammation & enhancing immunity.	Fish, nuts & eggs.	Bake white fish with a pistachio or almond crust. Add flavor with garlic, herbs & citrus.
VITAMIN A	Helps WBC fight infection and regulates the immune system.	Carrots, sweet potatoes, spinach, mango & broccoli.	Make a puree of cooked carrots & sweet potato for a side dish rich in Vitamin A.
VITAMIN C	Improves absorption of iron which helps immune system and function.	Citrus fruits, berries, melon, tomato, bell pepper, broccoli.	Ramp up salads with Vitamin C-rich toppings; mandarin oranges, cherry tomatoes.
ZINC	Strengths the immune systems and has anti-inflammatory actions.	Beef, seafood, tofu, & nuts.	Go meatless with tofu as your protein. Marinate in your favorite dressing & saute.

# MAPLE MASHED SWEET POTATOES



## INGREDIENTS

- 1 ½ pounds peeled cubed sweet potato
- 1 (5-oz.) can evaporated low-fat milk
- 2 tablespoons maple syrup
- ¾ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 tablespoons butter, melted
- ¼ cup slivered almonds
- 2 tablespoons olive oil

## DIRECTIONS

**PLACE** sweet potato in a large saucepan; **COVER** with water. **BRING** to a boil; cook until tender, about 15 minutes.

**DRAIN** and return to pan; **ADD** evaporated milk, maple syrup, salt, and pepper.

**MASH** with potato masher to desired consistency.

**SAUTE** slivered almonds in a skillet with extra virgin olive oil until lightly browned. Place as topping on mashed sweet potatoes.

## SHARING OUR KITCHEN:



### Stay Tuned for Your 2020 Nutrition Gift!

As we adapted to the curveball that is the year 2020, we created handouts, recipes and virtual classes to keep inspiration for a healthy lifestyle coming your way. Our gift to you: 2020 Optimal You e-Cookbook!

From easy quarantine recipes to 5-ingredient meal ideas, we are excited to organize this year's delicious flavors and simple meals you can create in your kitchen.

We look forward to even more delicious offerings and virtual opportunities in 2021.

Join us for the Healthy Holiday Happy Hour  
 Tuesday, December 15, 4:00–5:00 PM EST  
 Email [Sarah.VanEerden@Amway.com](mailto:Sarah.VanEerden@Amway.com) for TEAMS link .



# COMING UP!

Nutrition events

**12/15/20**

## COOKING CLASS

Next Tuesday we're hosting a Healthy Holiday Happy Hour, 4:00-5:00pm EST.

Join us as for this fun virtual class as we demo delicious, easy and nutritious apps & beverages to enjoy this season. Take a break to attend this holiday event, and we'll do our best to spread some cheer!

Email

[Sarah.vaneerden@amway.com](mailto:Sarah.vaneerden@amway.com)  
to request a TEAMS link



## DIETITIANS



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EMAIL THE  
OPTIMAL YOU  
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DIETITIANS  
FOR AN  
APPOINTMENT  
**TODAY!**

### DID YOU KNOW?

ALL Amway employees, retirees, spouses and dependents receive FREE nutrition services. Regardless of *Optimal You* Fitness Facility membership.

Contact us today via email to schedule your virtual or telephonic consultation. Our calendars are up to date, feel free to find your preferred date & time, then send us an appointment invite!