

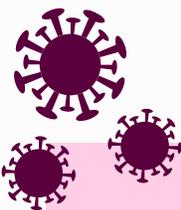
# STRENGTHEN YOUR IMMUNE SYSTEM

How to boost your immune system with food & nutrition!



## WHAT IS THE IMMUNE SYSTEM?

Our immune system is an organ system in our bodies that protects against foreign invaders (bacteria, parasites, & viruses), fights infection, and disease. Our immune system becomes less efficient with age, however, there are many lifestyle & dietary habits that can keep our immune system strong!



## NUTRITION

### WHAT TO EAT

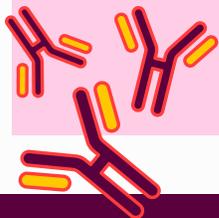
- Focus on a balanced diet with food from all food groups
- Try colorful fruits & vegetables rich in fiber & antioxidants
- Incorporate probiotic foods like yogurt, kefir, sauerkraut, and apple cider vinegar to keep our gut healthy!

### HYDRATION

- Aim for 8 cups of water daily
- Limit sugary drinks and caffeine
- Try herbal teas, decaf coffee, or flavored water

### HERBAL REMEDIES

- Include herbs & spices to supplement the foods & drinks you consume
- Examples include: green tea, turmeric, elderberry, garlic, & cinnamon



## LIFESTYLE HABITS

### STRESS REDUCTION

- Receive adequate sleep
- Utilize breathing exercises
- Pray & meditate
- Make time for hobbies you enjoy
- Connect with loved ones
- Exercise often

### PHYSICAL ACTIVITY

- Aim for 30 minutes of daily activity
- Focus on ways to move your body that work for you
- Aim for a moderate level

### SLEEP

- Sleep 6-8 hours per night
- Optimize your sleep environment by turning off devices, limiting caffeine & alcohol before bedtime, and developing a sleep schedule



*Yields: 10 servings, 2 bites each*

# Carrot Cake Bites

*These delicious energy bites are a great snack packed with nutrients!*

## INGREDIENTS

- 1 cup pitted dates
- 1/4 cup unsweetened coconut flakes
- 1/4 cup dried pineapple
- 1/2 cup shredded carrots
- 1/4 tsp. ground cinnamon

## DIRECTIONS

- Place all ingredients in a food processor and pulse until combined, but not pureed.
- Transfer mixture to bowl and roll into 20 bites. If you have trouble with them not sticking together, refrigerate for an hour and then roll.
- Keeps bites refrigerated and serve cold for best consistency.

## Notes

- These can also be made into bars. Press mixture into 8x8 inch pan.
- Refrigerate and cut into 10 bars before serving.
- Make ahead, individually wrap, and freeze for enjoying later.



**FOOD IS MEDICINE**

APPROVED BY OUR  
REGISTERED DIETITIAN NUTRITIONISTS

WWW.OPENHANDATLANTA.ORG  
WWW.GOODMEASUREMEALS.COM