

## March is National Nutrition Month!

A lot of different things affect our health, including what we eat and how active we are. Food plays a huge role in keeping us healthy. Eating a variety of foods to get the right vitamins and nutrients is important. A healthy eating routine can help boost your health today, and in the years to come. Did you know nutrients in everyday foods may help boost your body's natural defenses?

### Some Immunity-Boosting Foods Include:

1. **Yogurt** contains helpful germs called probiotics that help improve the way your body uses food.
2. **Fruits & Veggies** that are high in Vitamin C, such as citrus fruits, strawberries, broccoli and bell peppers, help boost your immune system.
3. **Lean Meats** boost your body's disease fighting systems.
4. **Fish and Walnuts** are full of Omega-3s, which help to fight illness.

*"Let food be thy medicine and medicine be thy food."*

-Hippocrates

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Have fun experimenting with different fruits in this tasty smoothie

### Ingredients

- 3 cups strawberries, frozen (or other frozen fruit)
  - 2 cups milk, low-fat
  - 1 banana, large
- 1 cup yogurt (plain or vanilla)

### Directions

1. Defrost the frozen fruit just enough so that it will blend easily.
- 2) Pour the milk into the blender.
- 3) Add the pieces of frozen fruit to the milk in the blender.
- 4) Add the banana and yogurt.
- 5) Blend until smooth, about 30-45 seconds.



Enjoy!

*Nurse Farley*

### References

- Griffin, M.R. (n.d.). Immunity-boosting snacks for kids. <https://www.webmd.com/parenting/features/immune-system#1>
- U.S. Department of Agriculture. (n.d.). Fruit smoothie II. <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-smoothie-ii>