

# Healthy Habits Newsletter

September 2024



## How To Stay Well During Flu Season

There are many things to look forward to with fall around the corner — though an increase in germs isn't one of them. With flu season looming, now is the time to brush up on best practices for staying healthy.

While there are several ways to reduce your risk of seasonal illness, [the CDC](#) says the most effective way is annually vaccinating against influenza. If your employer offers on-site flu shots, take advantage! This simple step can decrease the spread of sickness.

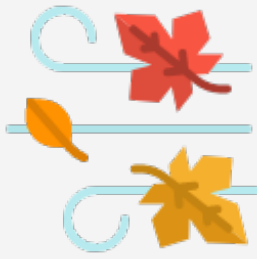
In addition to getting your flu shot, wash your hands frequently and be mindful about routinely cleaning commonly used surfaces in your household or workplace. This might include doorknobs, countertops, or keyboards.

Finally, if you begin to feel sick, stay home. This will ensure that you aren't spreading germs to others while at work or while socializing. As we enter into fall, prioritize your health and the health of those around you!

## Nutrients Help Your Body Thrive!

Your body needs nutrients to function and stay healthy. [Mayo Clinic experts](#) share some of the most essential nutrients:

- **Calcium** helps regulate blood pressure and keeps bones and joints strong.
- **Iron** carries oxygen throughout the body to keep muscles functioning.
- **Potassium** is an electrolyte that boosts muscle health and assists in maintaining healthy blood pressure.
- **Vitamin D** supports a working immune system and helps the body absorb calcium.
- **Vitamin B9**, [also known as Folate](#), promotes healthy cell formation. See page 2 to learn more about the benefits of this vitamin!



## 7 Healthy Recipes To Try This Fall

Autumn is upon us! Spruce up September with these nutritious seasonal recipes.

1. [Roasted Cauliflower Lasagna](#)
2. [Minestrone Soup](#)
3. [Roasted Butternut Squash Salad with Warm Cider Vinaigrette](#)
4. [Squash Soup in Pumpkin Bowls](#)
5. [Lightened-Up Mac and Cheese](#)
6. [Homemade Applesauce](#)
7. [Pumpkin-Oatmeal Bake](#)

Find these recipes on [FoodNetwork.com!](#)

## What Are The Benefits of Vitamin B9?

Did you know that folate is an essential part of a healthy diet? Also known as [Vitamin B9](#), folate is a natural vitamin critical to the formation of red blood cells. It can be found mainly in leafy green vegetables in addition to some fruits and legumes.

Foods rich in folate include:

- Broccoli
- Asparagus
- Brussel Sprouts
- Spinach
- Beans
- Peas
- Nuts
- Oranges
- Lemons
- Bananas
- Melons
- Strawberries

A folate-rich diet is important for everyone, though it is especially crucial during early pregnancy as it helps with healthy cell formation and brain development. Too little of this vitamin can cause anemia since the body can't properly produce enough red blood cells.

Folic acid supplements can help treat folate deficiencies, but integrating folate-rich foods into your diet is the best way to reap the benefits.

To learn about other important vitamins and nutrients, [watch this video](#) from Mayo Clinic.

