



Boost Your Immunity This Fall

Eat to Help Prevent Colds and Stay Healthy

As the cooler months settle in, now is the time to give your immune system the support it needs to stay healthy. Luckily, some simple, seasonal foods can help keep you well throughout the fall and winter. Here are a few nutrient-rich options that are both delicious and good for your immune health.

Citrus Fruits 🍊

Oranges, lemons, and grapefruits are in season now, and are high in vitamin C, a vital nutrient for immune function. Adding a slice of lemon to your water, starting your dinner with a sectioned fresh grapefruit, or snacking on an orange can help keep your defenses strong.

Leafy Greens 🥬

Spinach, kale, and Swiss chard are packed with vitamins and minerals, especially vitamin A, which supports skin and tissue health. These greens are versatile—toss them into salads and soups, blend them into smoothies, or sauté them for an easy side dish.

Garlic 🧄

Garlic is known for its immune-boosting properties, thanks to allicin and sulfur-containing compounds like ajoene and diallyl

sulfides, which may help the body fight off infections. Incorporate garlic into stir-fries, sauces, dressings, or roasted and sautéed vegetables for both flavor and health benefits.

Mushrooms 🍄

Mushrooms, such as shiitake and maitake, contain beta-glucans, which are known to support immune function. Incorporate them into loaves or burgers or add them to stir-fries, soups, and curries for an easy way to include them in your meals.

Nuts and Seeds 🥜

Almonds, sunflower seeds, and walnuts are great sources of vitamin E, an antioxidant that helps protect your cells and keeps your immune system working efficiently. Use them as a topper for hot cereal, grain dishes, and casseroles, or grab a handful for a quick, nutrient-dense snack.

Don't forget that staying hydrated, getting enough sleep, and maintaining regular physical activity also play important roles in supporting your immune system. As you continue your health journey this fall, incorporating these nutrient-rich foods can help keep you feeling your best.

Garlic and Mushroom Vegetable Soup



This soup is chock full of nutrients that optimize your immune system. Next time you feel a cold coming on, whip up a batch – it just may make a difference!

Ingredients:

- 1 tablespoon olive oil
- 4 cloves garlic, minced
- 1 tablespoon freshly grated ginger (optional but great for extra immune support)
- 8 oz mushrooms (shiitake, button, or baby bella), thinly sliced
- 1 medium carrot, diced
- 1 celery stalk, diced
- 4 cups low-sodium vegetable broth or chicken broth
- 1 small bunch spinach or kale, chopped
- 1 teaspoon soy sauce or salt, to taste
- 1 teaspoon dried thyme or rosemary (optional)
- 2 green onions, thinly sliced (for garnish)
- Freshly ground black pepper, to taste

Instructions:

Heat olive oil in a large pot over medium heat. Add the minced garlic, ginger (if using), carrots, and celery. Sauté for about 5 minutes, until the vegetables soften.

Add the mushrooms to the pot and cook for another 5 minutes, stirring occasionally, until they release their juices.

Pour in the broth and bring to a gentle simmer. Let the soup cook for 10 minutes to allow the flavors to blend.

Stir in the spinach or kale, and cook for another 2-3 minutes, just until wilted. Season with soy sauce (or salt) and pepper to taste.

Ladle the soup into bowls and garnish with sliced green onions. Serve warm.



Boost Your Immunity This Fall

Eat to Help Prevent Colds and Stay Healthy

As the cooler months settle in, now is the time to give your immune system the support it needs to stay healthy. Luckily, some simple, seasonal foods can help keep you well throughout the fall and winter. Here are a few nutrient-rich options that are both delicious and good for your immune health.

Citrus Fruits 🍊

Oranges, lemons, and grapefruits are in season now, and are high in vitamin C, a vital nutrient for immune function. Adding a slice of lemon to your water, starting your dinner with a sectioned fresh grapefruit, or snacking on an orange can help keep your defenses strong.

Leafy Greens 🥬

Spinach, kale, and Swiss chard are packed with vitamins and minerals, especially vitamin A, which supports skin and tissue health. These greens are versatile—toss them into salads and soups, blend them into smoothies, or sauté them for an easy side dish.

Garlic 🧄

Garlic is known for its immune-boosting properties, thanks to allicin and sulfur-containing compounds like ajoene and diallyl

sulfides, which may help the body fight off infections. Incorporate garlic into stir-fries, sauces, dressings, or roasted and sautéed vegetables for both flavor and health benefits.

Mushrooms 🍄

Mushrooms, such as shiitake and maitake, contain beta-glucans, which are known to support immune function. Incorporate them into loaves or burgers or add them to stir-fries, soups, and curries for an easy way to include them in your meals.

Nuts and Seeds 🥜

Almonds, sunflower seeds, and walnuts are great sources of vitamin E, an antioxidant that helps protect your cells and keeps your immune system working efficiently. Use them as a topper for hot cereal, grain dishes, and casseroles, or grab a handful for a quick, nutrient-dense snack.

Don't forget that staying hydrated, getting enough sleep, and maintaining regular physical activity also play important roles in supporting your immune system. As you continue your health journey this fall, incorporating these nutrient-rich foods can help keep you feeling your best.

Tangerine Chickpea Salad

Ingredients:

- 2 tangerines, peeled and segmented
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cucumber, diced
- ½ red bell pepper, diced
- ¼ cup red onion, finely chopped
- 2 tablespoons fresh parsley or cilantro, chopped
- For the Dressing:
 - 1 tablespoon olive oil
 - 1 tablespoon fresh tangerine juice
 - 1 teaspoon apple cider vinegar or lemon juice
 - Salt and pepper, to taste

Instructions:

In a small bowl, whisk together the olive oil, tangerine juice, apple cider vinegar, salt, and pepper.

In a large bowl, add the chickpeas, tangerine segments, cucumber, bell pepper, and red onion. Pour the dressing over the ingredients.

Gently toss everything together until well coated. Sprinkle with fresh parsley or cilantro. Serve immediately or refrigerate for 15 minutes to let the flavors blend.



Tangerine Honey Glazed Roasted Carrots

Ingredients:

- 1 lb carrots, peeled and cut into sticks
- 2 tangerines, juiced (about ¼ cup juice)
- 1 tablespoon tangerine zest (optional, for extra flavor)
- 1 tablespoon olive oil
- 1 tablespoon honey or maple syrup
- Salt and pepper, to taste
- Fresh parsley, chopped, for garnish (optional)

Instructions:

Set your oven to 400°F (200°C) and line a baking sheet with parchment paper.

Prepare the glaze: In a small bowl, whisk together the tangerine juice, zest (if using), olive oil, honey, salt, and pepper.

Place the carrots on the baking sheet and pour the glaze over them. Toss to coat the carrots evenly.

Spread the carrots out in a single layer and roast for 25-30 minutes, or until they are tender and slightly caramelized, tossing halfway through.

Remove from the oven, sprinkle with fresh parsley if desired, and serve warm.

