

THE TIGER TABLE

CAPE GIRARDEAU D63 NUTRITION NEWSLETTER!

NEW YEAR - SAME GERMS

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Happy New Year, Everyone! Winter is officially in full swing and with that comes cold and flu season (as if we haven't had enough sickness already). Cold and flu season can begin as early as October and last until May, but the peak months are typically December through February. Although often times discussed together, having a cold and the flu are quite different. Both are respiratory illnesses (i.e. affecting your lungs), and they tend to have similar symptoms. However, they are caused by different viruses, and the flu is generally worse, having more intense symptoms than the common cold.

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DECEMBER RECAP

In December we discussed cabin fever - the general uneasiness that people experience when feeling stuck inside for extended periods of time. Hopefully you were able to practice bundling up and going outside, eating healthy, being intentional with your routine, and/or taking time to be with yourself over the winter break. If not, it's never too late to start!

**** Some underlined text is linked to additional information - Check it out!****

➤ THE IMMUNE SYSTEM ◀

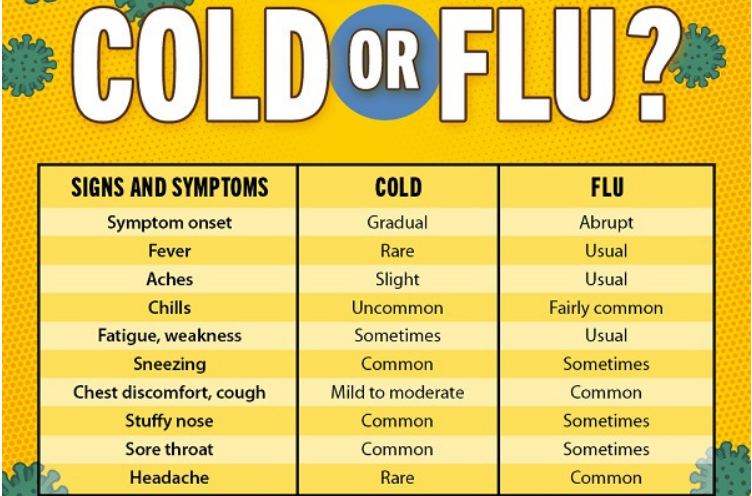
What is the immune system? The immune system is made up of certain organs, cells, and chemicals in the body that fight infection. The main parts of the immune system are:

white blood cells
antibodies
complement system
lymphatic system
spleen
bone marrow
thymus

The idea of boosting the immune system is very appealing because that would mean less illness, but there really is no scientifically proven, one-size-fits-all method to accomplish this.

Researchers are studying lots of different factors that contribute to a strong immune system, but everyone's HALO (health, age, lifestyle, and occupation) is quite different. Even so, there are some generally healthy-living strategies that we could all practice to at least give the immune system a fighting chance!

FUN FACT: Several studies show that chicken noodle soup may actually help fight the cold or flu! It helps clear nasal congestion and provides some much-needed hydration, carbohydrates, and protein especially when food does not sound too appealing.



SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

➤ A FIGHTING CHANCE ◀

There are parts of our personal HALO that we cannot change (i.e. age), but we can choose a healthy lifestyle. This involves habits such as:

- ✿ Not smoking
- ✿ Eating lots of fruit and vegetables DAILY
- ✿ Regular exercise
- ✿ Maintaining a healthy weight
- ✿ Getting adequate sleep
- ✿ Practicing good hygiene - both in daily life (think: handwashing) and in food preparation (think: thoroughly cooking meat)
- ✿ Trying to minimize stress

While these healthy lifestyle habits may not keep you from **ever** getting sick, they will definitely give your body the upper hand.

So check the list! ↑ See if there's anything that you can add to YOUR daily routine!

UP AHEAD: FUN JANUARY HOLIDAYS

4 - National Spaghetti Day

6 - National Bean Day

8 - National Bubble Bath Day

11 - National Milk Day

19 - National Popcorn Day

21 - National Granola Bar Day

29 - National Puzzle Day

31 - National Hot Chocolate Day



Tiger Taste buds

Sore-Throat-Soothing Chicken Noodle Soup

Ingredients

- 1 1/2 pounds chicken breast
- 1 1/2 cups carrots, sliced (about 5-6)
- 1 1/2 cups celery, chopped (about 4-5 stalks)
- 1 1/2 cups onions, diced (about 1 large onion)
- 6 cloves garlic, minced
- 2 bay leaves
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- 1/4 teaspoon turmeric
- 1/4 teaspoon celery seeds (crushed between fingers)
- salt and pepper, to taste
- 7 cups low sodium chicken broth
- 1 cup water
- 8 ounces (about 2 cups) egg noodles
- 2 tablespoons lemon juice
- 3 tablespoons chopped parsley



Instructions

1. Add the chicken breast, carrots, celery, onions, and garlic to a slow cooker. Add the bay leaves, olive oil, dried thyme, turmeric, celery seeds, salt and pepper, chicken broth, and water. Cover and cook on low for 6-7 hours or high for 3-4 hours.*
2. Remove the chicken and allow to cool for 10 minutes before shredding or dicing. Switch the heat to high on the slow cooker, add the egg noodles and allow to cook for 10 minutes. Add the chicken back into the slow cooker along with the lemon juice and chopped parsley. Serve warm.

Recipe Note ***Stovetop Method:** Simply heat a large stockpot or Dutch oven over medium heat. Add onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in garlic until fragrant, about 1 minute. Whisk in chicken stock, water, bay leaves, thyme, turmeric, celery seeds, and season with salt and pepper, to taste. Add chicken and bring to boil; reduce heat and simmer, covered, until the chicken is cooked through, about 30-40 minutes. Remove chicken and let cool before dicing into bite-size pieces. Stir in chicken, pasta, lemon juice, and parsley and cook until tender, about 6-7 minutes.* Serves: 6