



## Minestrone Lentil Soup

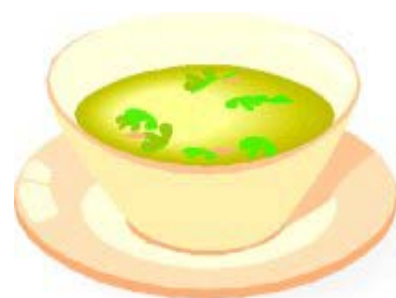
- 2 tablespoons olive oil
- 2 cups chopped onion
- 2 tablespoons tomato paste
- 1/4 cup chopped fresh parsley
- 4 cloves garlic, chopped
- 3 carrots, diced
- 1 cup celery, diced
- 1 cup lentils, rinsed
- 2 bay leaves
- 8 sprigs parsley and 6 sprigs fresh tyme tied together
- 9 cups water or vegetable broth
- 2 cups cooked pasta
- Salt and pepper

Heat oil in a large stockpot over high heat. Add onion and saute until browned, stirring frequently. Add tomato paste, chopped parsley, garlic, parsley-tyme sprigs and water and cook for 3 minutes. Add lentils, bay leaves, parsley-tyme sprigs and water and bring to boil. Lower heat and simmer partially covered for 30 minutes. Season with salt and pepper. Remove bay leaves and parsley-tyme sprigs and discard. Add pasta, heat through and serve. **Makes 8-10 servings**

Serving size: 8 ounces

### Nutrients per serving:

- Calories: 196
- Total fat: 4 grams
- Saturated fat: 1 gram
- Cholesterol: 0 mg
- Sodium: 60 mg
- Carbohydrate: 32 grams
- Protein: 10 grams
- Dietary fiber: 10 grams



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**Happy holidays everyone!** It is that time of year to bundle up tight and keep warm. Getting sick is easier than ever this season. The flu epidemic has hit the nation harder this year than it has in the past five years. In this month's newsletter, I am going to give you healthy and helpful tips on avoiding the cold and flu. Keeping our bodies strong by eating properly can help prevent colds and flu. Good nutrition is mandatory at this time of year, when we're all so busy with holiday activities.

Before you get sick or if you are just beginning to feel the symptoms, here are some ways to stop it dead in its tracks.

**\*Avoid sugar.** It decreases the function of our immune systems. If you feel like you are becoming sick, try to keep sugar out of your diet. Remember, sugar also is in foods like fruit juice and ketchup.

**\*Eat plenty of garlic.** This is one of the foods that you should eat everyday. It is an antibacterial, antiviral and anti-fungal. Make sure that the garlic that you eat is fresh. This is to ensure that you are receiving all of the benefits that garlic has to offer. Compress the garlic before swallowing it or put it through your juicer to add to your favorite vegetable juice. Be sure to use your garlic within one hour of

compression because all of the vitamins and minerals that you need that is in the garlic will evaporate. Garlic pills are ineffective because of this reason.

**\*Drink Water.** By drinking water you are helping to flush your immune system and your entire body of impurities. Water also helps to revitalize your body as well as rehydrate it. Drinking water everyday is another one of the preventive measures that you can take when fighting illness.

Getting enough rest, exercising and washing your hands regularly are other great preventive measures to use when battling the cold and flu.

If you are an elder or there is an elder in your family, be sure they have gotten their flu shots.

On page 2, I've listed other nutritional information that can be helpful during the cold and flu season.



## Foods to Fight Colds and Flu

\* **Chicken Soup**- this helps to clear clogged air ways and the broth will give more energy. Add plenty of vegetables to the soup to add needed vitamins.

\* **Hot & Spicy Foods**- these types of foods help to break-up congestion. You can achieve this by adding your favorite hot sauce to your meal.

\* **Fluids**- Stay hydrated. Instead of soda, coffee or other sweetened beverages, drink plenty of water and pure fruit juices. Hot herbal teas are also great.

\* **Citrus Fruits**- Eat plenty of citrus fruit to increase your vitamin C level in your body.

\* **Ginger**- A great way to include ginger into your diet is to make hot tea. This can also be accomplished by adding a little grated ginger to your food.



## *Traditional Foods Word Search*



X	L	W	A	N	P	Z	S	R	B	G	H	J
H	E	E	L	E	R	B	A	C	D	Z	A	S
T	E	R	S	K	F	I	J	C	O	O	Q	A
P	Y	A	X	Y	Q	C	O	R	O	M	V	L
S	I	D	N	B	E	A	N	S	K	R	H	M
E	Z	N	C	A	N	D	V	U	W	F	N	O
A	K	L	E	T	E	R	I	G	Z	Y	H	N
W	Q	A	J	N	S	V	B	M	I	R	R	P
E	D	E	E	R	U	G	K	N	O	P	S	Z
E	Y	I	W	U	L	T	I	P	L	E	R	S
D	A	F	F	S	Z	X	S	Q	U	A	S	H

*\*Make sure to eat plenty of whole grain foods, fruits, vegetables and low-fat protein to keep your immune system in shape.*

<b>ACORN</b>	<b>EEL</b>
<b>SALMON</b>	<b>SEAWEED</b>
<b>ELK</b>	<b>PINENUTS</b>
<b>DEER</b>	<b>CORN</b>
<b>BEANS</b>	<b>SQUASH</b>

*\*All of the words in this word search are either forwards, backwards, diagonal or vertical.*

## **Vitamins To Take To Help Fight The Flu**

**Vitamin A**- This vitamin helps to maintain the integrity of the skin and of the mucous membranes, this is the first line of defense against foreign invaders in the body. It also increases the “helper cells” in our bodies.

**Vitamin C**- This is another great defense-booster. Vitamin C enhances the white blood cell production of our bodies. This vitamin also is a great defender of the immune system.

**Vitamin E**- This vitamin is a potent immune-booster. This vitamin increases the “T-cells” in our bodies. It quickens our bodies reaction to defend off viruses that hit our immune systems.

