



Giant[®]
HEALTHY LIVING

Healthy living Immune Boosting Foods

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Giant Food



AGENDA

- Immunity
 - Immune System
 - Immunity Through Foods
- Inspiration in the Store
- Inspiration in the Kitchen

>> HEALTHY LIVING AND BRAIN HEALTH



IMMUNITY



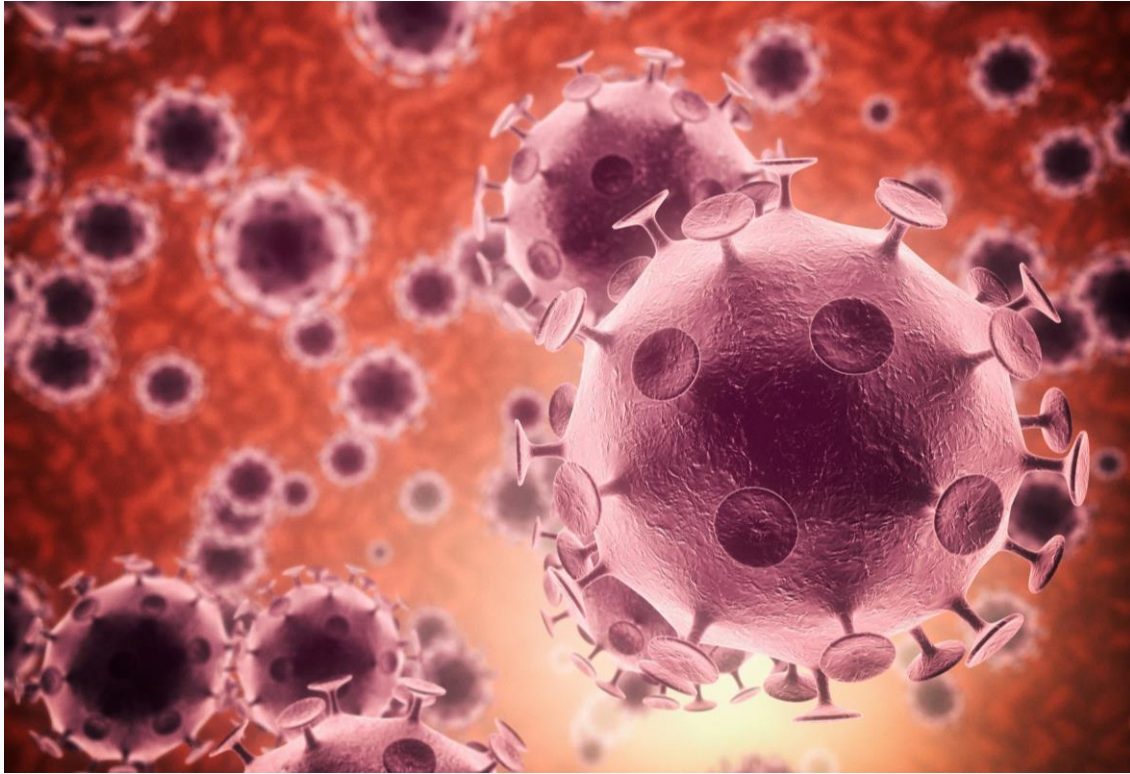
**IN THE
STORE**



**IN THE
KITCHEN**



IMMUNITY



IMMUNE SYSTEM

- Our Defenses:
 - Skin
 - Sweat & Tears
 - Respiratory Tract
 - Gut
 - Immune Cells





What suppresses our immune system?

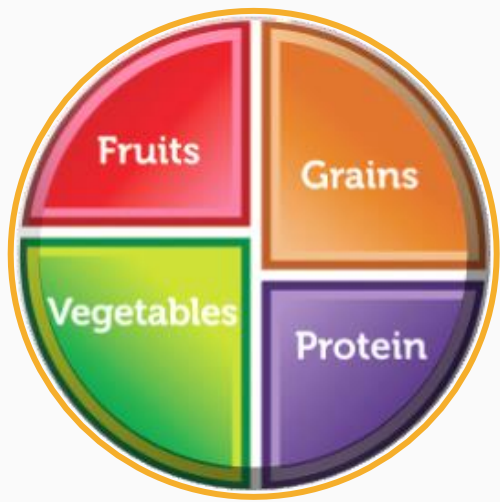
- Stress
- Inadequate Sleep
- Poor Eating Habits
- Free Radicals



>> CONSEQUENCES

- Acute and chronic disease
- Autoimmune disease
- Diminished response against infection





>> FIGHT WITH FOOD!

- Balanced Diet
- Fighting Nutrients:
 - Vitamin A
 - Vitamin C
 - Protein
 - Vitamin D
 - Iron
 - Zinc
 - Selenium



>> VITAMINS A & C

- **Vitamin A:** fat-soluble; needed for immune system, vision, reproduction.
 - Liver, fish, eggs, dairy, leafy greens, orange/yellow produce
- **Vitamin C:** healing process; needed for blood vessels, cartilage, muscle, collagen.
 - Citrus fruit, bell peppers, strawberries, kiwi, broccoli



BLOOD ORANGE CHIA PUDDING

»» PROTEIN

- Building blocks for all cells, including immune cells.
- Needed for healing and repair.
 - Lean meats, fish, dairy, eggs, beans, legumes, nuts, seeds

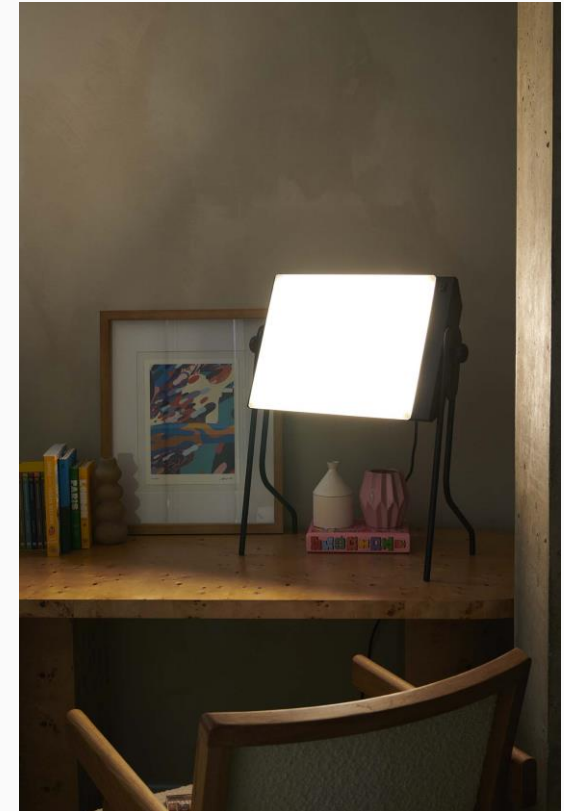
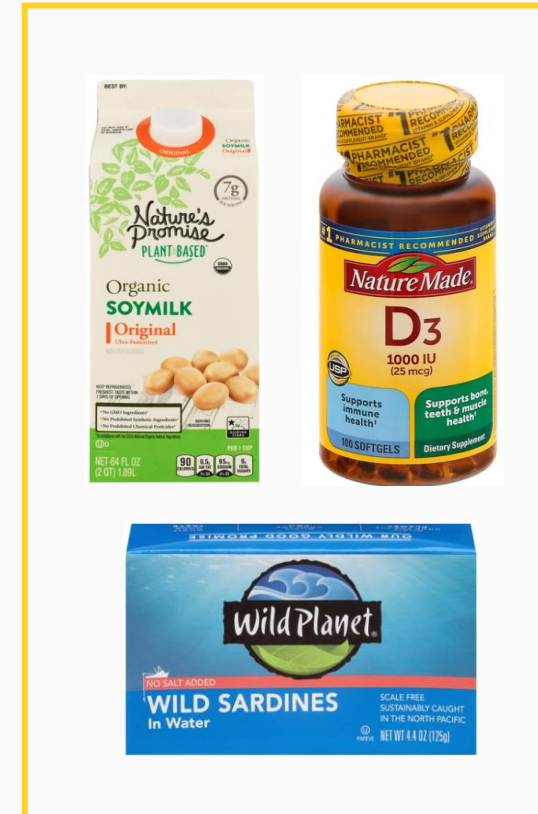


SHEET PAN OMELET
BREAKFAST SANDWICHES



>> VITAMIN D

- Critical to bone health and linked to reduced inflammation, reduced cancer cell growth, controlling infections.
- One of the most common nutritional deficiencies.
 - Sunlight, fatty fish, egg yolks, cod liver oil, mushrooms, fortified foods (milk, orange juice)

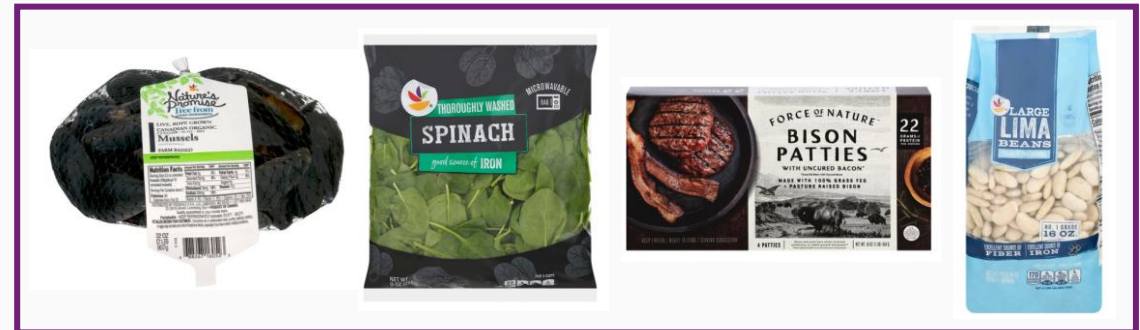


>> IRON

- Regulation of immune cells.
- **Heme iron:** meat, seafood,
- **Non-heme iron:** leafy greens, beans, legumes, fortified ready-to-eat cereals



PORK CHOP PICCATA



>> ZINC

- A trace mineral needed for immunity and metabolism.
- Important for wound healing and senses of taste and smell.
 - Oysters, crab, red meat, dairy, legumes, seeds, whole grains.



MINI CRAB AND SHRIMP CAKES



>> SELENIUM

- Powerful antioxidant.
- Helps lower oxidative stress in your body, which reduces inflammation and enhances immunity.
 - Oysters, Brazil nuts, halibut and yellowfin tuna, sunflower seeds, eggs, shiitake mushrooms.



>> PRO & PREBIOTICS

- 70% of immune system located in the gut
- **Probiotics** are live good bacteria
 - Fermented foods
- **Prebiotics** are food for probiotic bacteria
 - High fiber foods



» HERBALS

- Small studies have shown immune-boosting effects of several herbal supplements
- Echinacea
- Green tea (tea catechins)
- Garlic
- Spices: cinnamon, ginger, cloves, turmeric

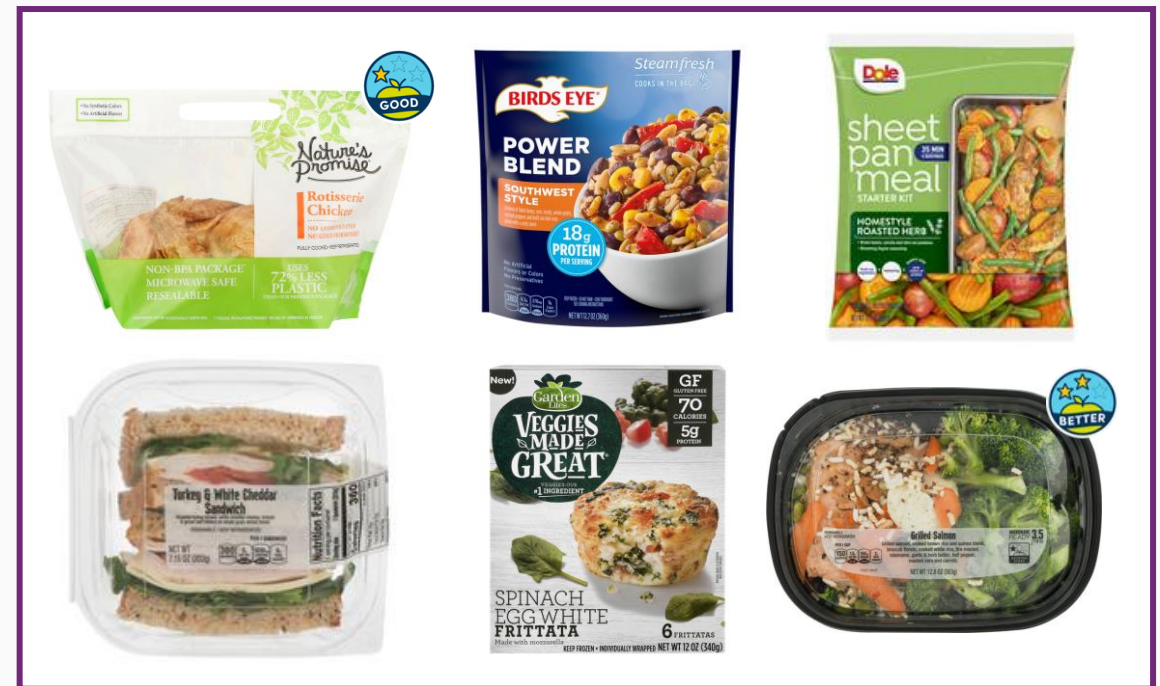




INSPIRATION IN THE STORE

>> MEAL INSPIRATION

- Look for prepped meals & meal inspiration throughout the store:
 - Deli, produce, frozen
- Healthy Living 30-minute meals in the produce section (select stores)

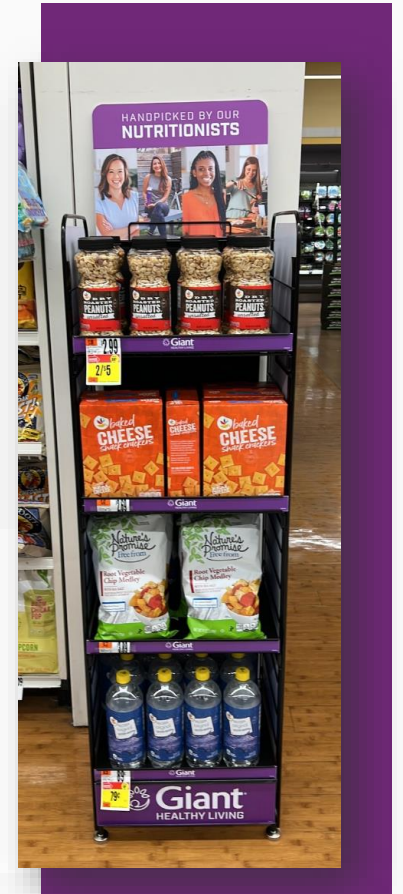


» HANDPICKED

- Selected by nutritionists
- Healthy Hutch
- Smart-Snacking End Cap




HANDPICKED
by our
nutritionists



>> BECOME SAVVY WITH LABELS

- Serving size
- Calories
- Total Fat
- Sodium
- Carbohydrates
 - Fiber
 - Added Sugar
- Protein
- Micronutrients

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

5 servings per container
Serving size 1/2 cup (125g)

Amount per serving
Calories 50

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	- 12%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	+ 11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	+ 6%
Potassium 450mg	+ 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GUIDING STARS



One Star means **good** nutritional value.

Two Stars, **better** nutritional value.

Three Stars, **best** nutritional value.

Reads the labels and evaluates recipes so you don't have to!





INSPIRATION IN THE KITCHEN



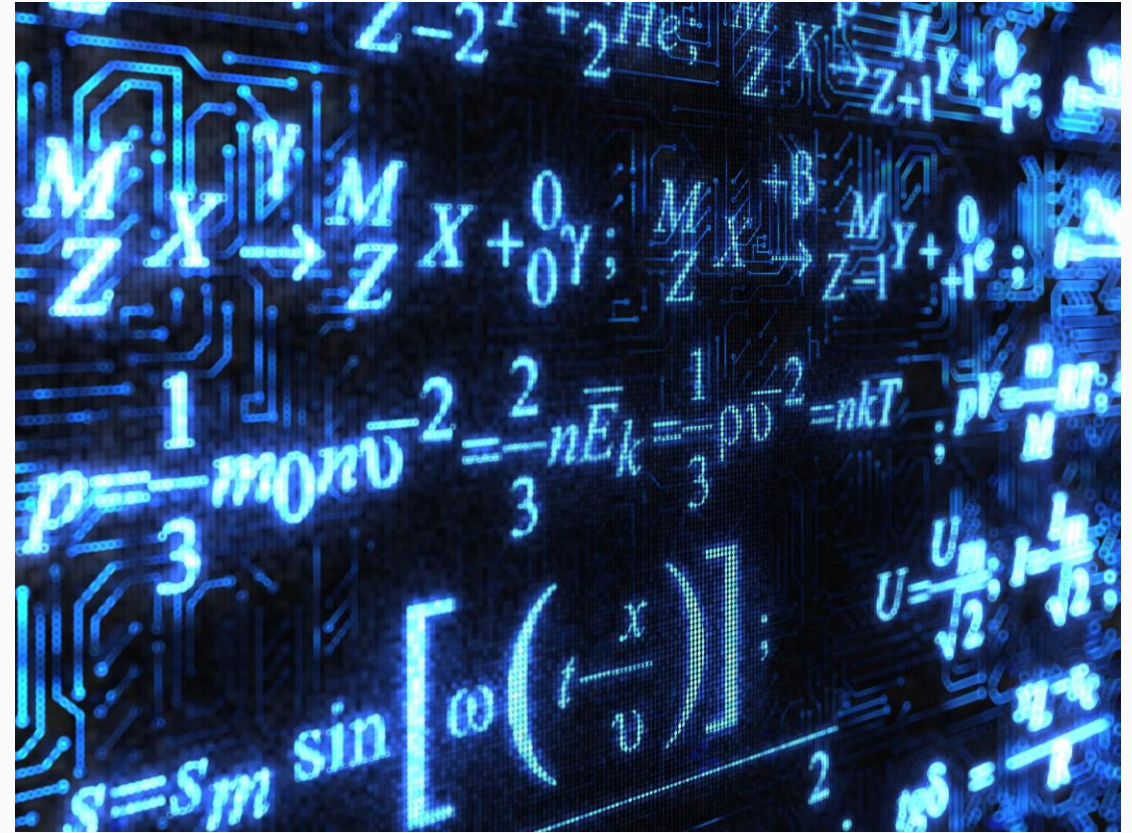
COOKING FOR ONE

- Make a plan
- Proper storage for leftovers
- Flexible ingredients – what else can you make with it?
- Perishables - look for smaller packages
- Have some pantry staples on hand
 - Consider canned or frozen



>> ADAPTING RECIPES

- Baking vs. Cooking
- Use a tool
- Common conversions:
 - 1 lb. = 16 oz
 - 1 tbsp = 3 tsp
 - 1 pint = 2 cups
 - $\frac{1}{4}$ cup = 4 tbsp
- Common serving sizes:
 - Protein: 3-4 oz
 - Grains: 1 oz (1 slice of bread, $\frac{1}{2}$ cup cooked grains, 1 cup dry cereal)

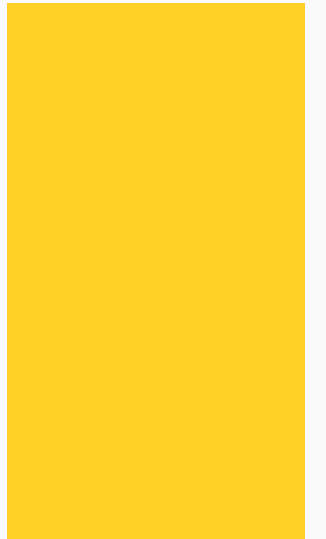


>> WINTER RECIPE INSPIRATIONS

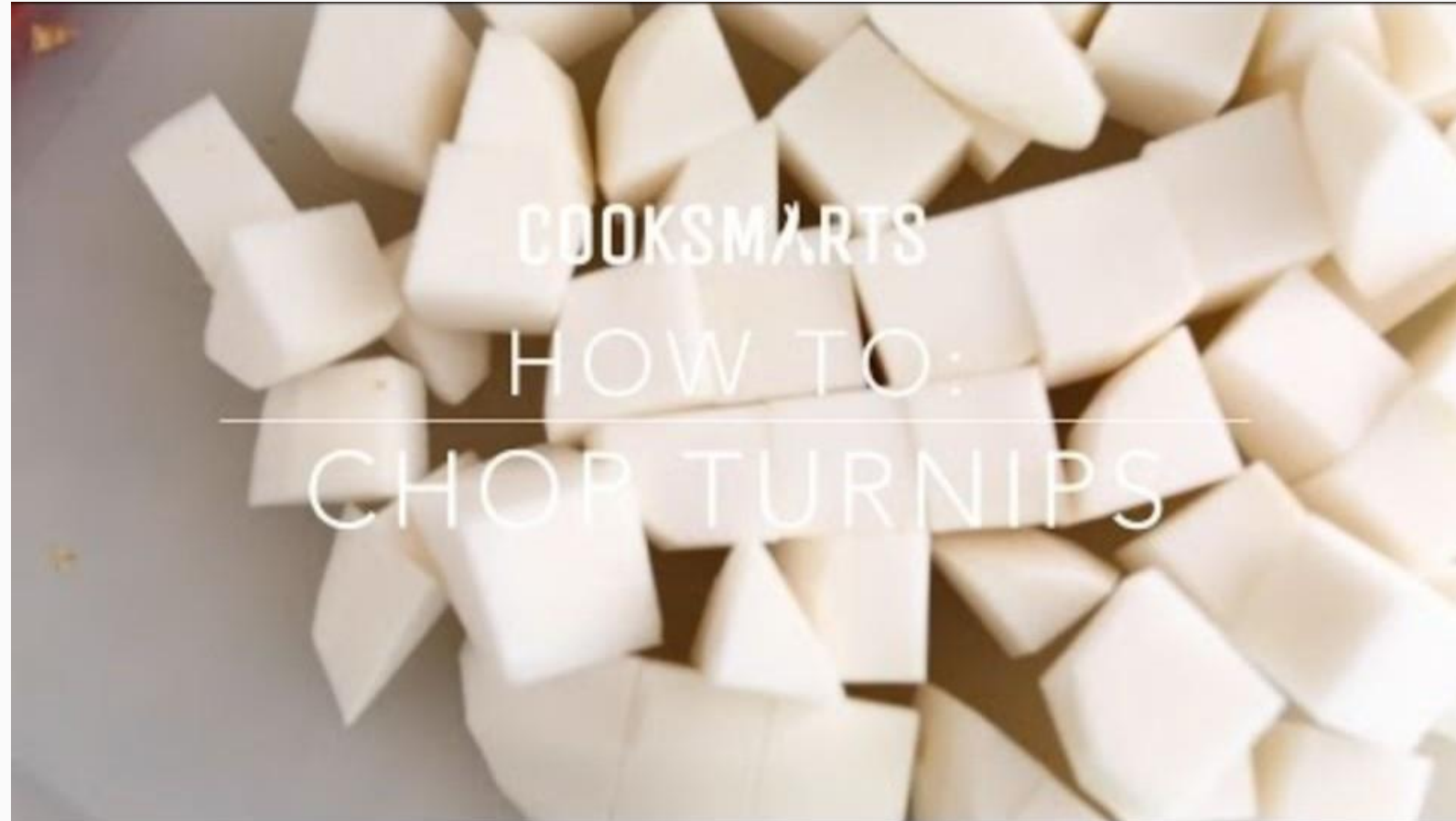
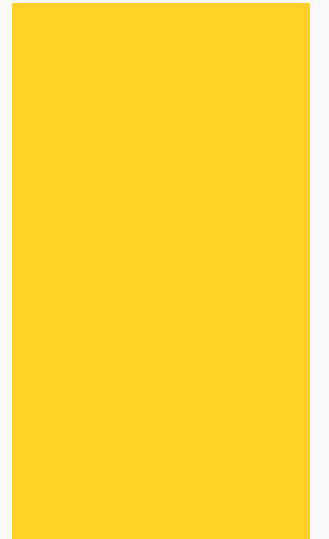
- Inspiration for using root vegetables, winter ingredients
- Roast them
 - Roasted root veggie medley
- Make them into soup
 - Curried carrot ginger soup



» PREPPING TOUGH VEGGIES:
BUTTERNUT SQUASH



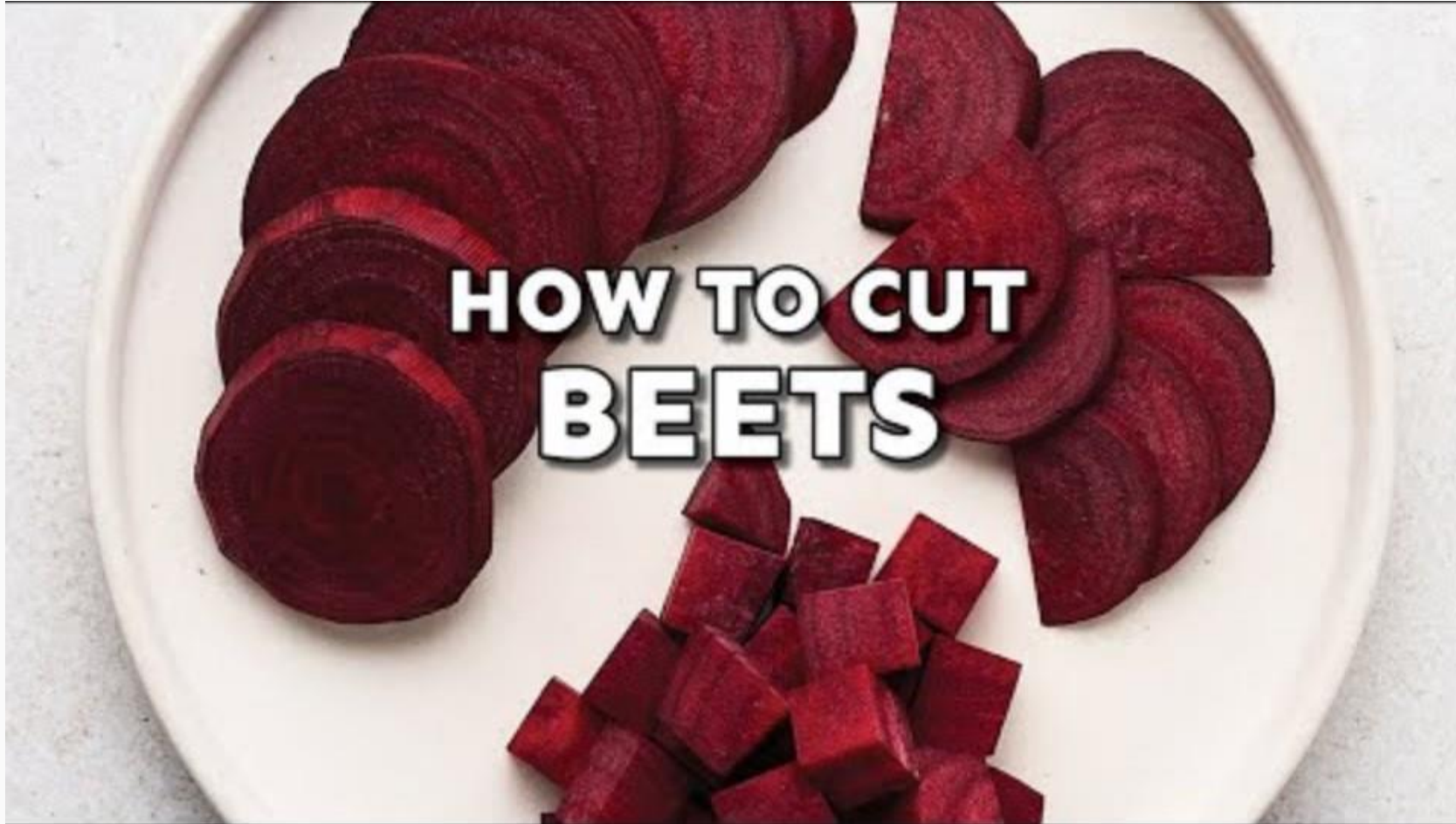
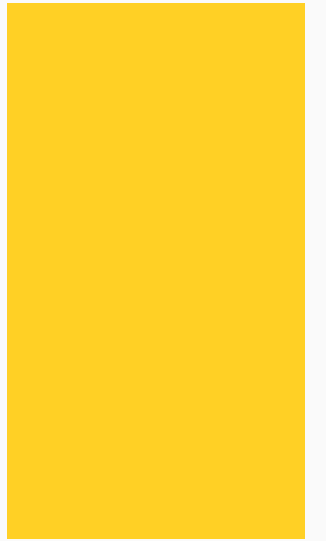
» PREPPING TOUGH VEGGIES: **TURNIP**



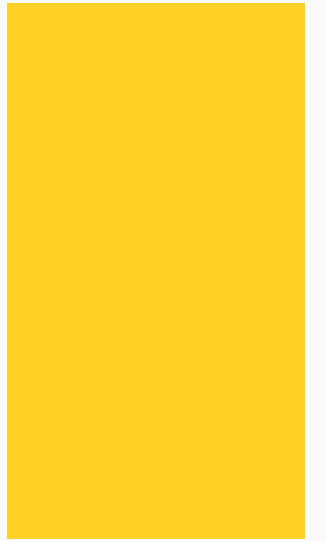
» PREPPING TOUGH VEGGIES: GINGER



» PREPPING TOUGH VEGGIES: BEETROOT



» PREPPING TOUGH VEGGIES: **FENNEL**



>> RESOURCES

- **Savory Recipes:**
 - [Blood Orange Chia Pudding](#)
 - [Sheet Pan Omelet Breakfast Sandwiches](#)
 - [Pork Chop Piccata](#)
 - [Mini Crab and Shrimp Cakes](#)
 - [Roasted Root Veggie Medley](#)
 - [Curried Carrot Ginger Soup](#)
- **YouTube Video:**
 - [How To Chop Every Vegetable](#)
- **Guiding Stars:**
 - [Shop Like a Nutrition Expert](#)





Healthy looks different
for everyone.



HEALTH IS FOR EVERYONE

CONNECT WITH US



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