

Healthy Loo & You!

Nutritious Food & Winter Health

As winter comes, our thoughts will no doubt turn to warm pies, soups, roasts and other winter warming comfort food. There's nothing wrong with indulging a little over the winter months, but how do you make sure you get all the nutrition your body needs to fight off colds and flu?

1. Make a date with breakfast "Start your day with a healthy slow-release breakfast, which will keep you full of energy until lunch. Warming oats are a great way to start your morning, try topping with nuts or seeds and some seasonal winter fruit like apples, pears, cranberries or dates."

2. Choose fruit and veggies rich in vitamin C "Add foods like sweet potatoes, tomatoes, red peppers and citrus fruits to your meals as they contain vitamin C, which plays an important role in the immune system and energy levels, especially important if you regularly exercise."

3. Look for sources of zinc, like spinach "During the winter months, we can come into contact with viruses that can cause colds or flu. So, it's important that our immune system functions normally and zinc contributes to this. Foods such as oysters, spinach and legumes are good sources of zinc."

4. Eat more iron-rich foods – or take a supplement "Red meats, lentils and green leafy vegetables are good sources of iron, which supports a healthy immune system. If you're not getting all your iron requirements from food sources alone consider taking a natural iron food supplement."

5. Up your intake of fish, eggs and cheese "Fish such as salmon and cod, as well as milk, eggs and cheese, are a great source of vitamin B12. Vitamin B12 contributes to the normal functioning of the immune system and also contributes to a reduction in tiredness and fatigue."

Do You Have Winter Dry Skin?

- Coconut's healthy fats and antibacterial nutritional make-up keep acne flare-ups away and help keep your skin moisturized.
- Avocado's blend of healthy fats, proteins, and vitamins make it a powerhouse for your body inside and out. "The protein helps support the structures of collagen and elastin in your skin, while the fat keeps your skin moisturized.
- Sweet potatoes have Vitamin A, which can help with skin renewal and decrease dry, flaky skin.
- Omega-3 foods (like salmon, chia seeds, walnuts, flaxseeds, egg yolks) to help preserve collagen, fight inflammation, and keep skin firm.
- Foods full of Vitamin E ... such as nuts help retain moisture and strengthen the skin barrier.
- Don't underestimate the power of water. Whether tap, bottled or sparkling, water hydrates the skin and helps prevent wrinkling to keep your skin from cracking and flaking.



Are you a Tougaloo College Student who does not have a meal plan? If so, contact Ms. Coleman at 601-977-6137 to complete an application for **Supplemental Nutrition Assistance Program (SNAP)** benefits.

Student Support Pantry is on-going. We are still accepting donations at the Owens-Health & Wellness Center administration office. **Please be mindful of expiration dates!** Thanks in advance!

Counseling Services are available in the OHWC Family Life Center!

Open Registration for Fitness Center Membership (**fees increase to \$10/month in January**)

- Students free of charge
- Faculty & Staff \$25
Registration fee plus \$5 per month
- Seniors Registration fee plus \$15 per month

Pardon our Progress!

Exciting Upgrades are in the Works in the Fitness Center!

