

Protect What Protects You

Know How to Boost Your Immune System

See your primary care provider on a regular basis. Gaining control of your chronic disease(s) is the most important step you can take to prevent serious complications from illnesses. Make sure to schedule and keep regular appointments with your primary care provider to stay on top of your numbers, like weight, blood pressure, and blood sugar. Additionally, your PCP will make sure you are up-to-date on vaccinations.

Reduce Stress.

- Talk to friends and family. A simple phone call can improve your mood.
- Find a hobby you enjoy, such as needlepoint, gardening, or drawing.

Stay Active.

You only need 30 minutes a day.

Eat A Colorful Diet.

- Protein can be found in seafood, lean beef, poultry, eggs, beans, and peas
- Vitamin A can be found in broccoli, carrots, spinach, and sweet potatoes
- Vitamin C can be found in citrus fruits, strawberries, and fortified cereals
- Vitamin E can be found in almonds, hazelnuts, and peanut butter
- Zinc can be found in lean beef, poultry, milk, whole grains, and beans

Catch Some Zzzzz's.

Most adults need 7 to 9 hours of restful sleep each night.

Wash Your Hands.

Taking 20 seconds for scrubbing away germs is the best way to prevent getting sick.



For more information reach out to your Care Manager or visit [P3HP.org](https://www.P3HP.org)

Protect What Protects You

Recipes To Boost Your Immune System

Herb-Roasted Root & Other Vegetables

Ingredients

- 2 onions, cut into quarters
- 10 cloves garlic, unpeeled
- 2 cups carrots, peeled and cut into 1- to 2-inch pieces
- 3 small turnips, peeled and cut in half to about 2-inch pieces
- 1 1/2 cups crimini or shiitake mushrooms, cut in half
- 2 tablespoons olive oil
- 2 teaspoons balsamic vinegar
- 3 sprigs rosemary or 1 to 2 teaspoons dried
- 3 sprigs thyme or 1 to 2 teaspoons dried
- 1 to 2 cups winter squash, peeled and cut into 2-inch cubes (or use precut fresh squash, frozen but not types)
- 1–2 regular, Japanese or purple sweet potatoes (not yams), peeled and cut into 3-inch pieces
- 1–2 white, gold or red beets (see note above), peeled and cut into quarters (optional)
- Salt and pepper, to taste (optional)

Cooking Instructions

1. Preheat the oven to 425° F.
2. Combine all vegetables in a large glass baking dish. Add the olive oil, vinegar, salt and pepper, and toss well.
3. Add the herb sprigs or dried herbs. Cover the dish. Bake for 40 minutes. Remove the cover and see if the vegetables are cooked through. Cook for another 5 minutes or until the vegetables are tender but no mushy. Remove the sprigs of herbs and peel the garlic if you intend to eat it. Serve hot.

Serves 4

Nutrients per serving: 241 calories, 7 grams total fat (saturated, 1 gram; trans fat 0), 42 grams carbohydrates; 15 grams total sugars (0 added sugar), 5 grams protein, 8.4 grams fiber, 154 milligrams sodium, 0 milligrams cholesterol



Protect What Protects You

Recipes To Boost Your Immune System

Crunchy Asian Slaw

Slaw Ingredients

- 1 pound shredded veggies; your choice of cabbage, carrots, bell peppers, snow peas, Brussel spouts, etc.
- 3 scallions, sliced
- 1 cup cilantro, Italian parsley, or mint, chopped
- 10 cloves garlic, unpeeled

Dressing Ingredients

- 3 tablespoons olive oil
- 1 tablespoon toasted sesame oil
- ¼ cup rice wine vinegar
- 3 tablespoons honey
- 1 tablespoon reduced sodium soy sauce
- 1 teaspoon finely minced garlic
- 1 tablespoon finely minced ginger

Optional Toppings

- Toasted sesame seeds to taste
- Roasted peanuts to taste



Cooking Instructions

1. Toss slaw ingredients together in a large bowl.
2. Whisk dressing ingredients together in a small bowl.
3. Pour dressing over slaw and toss well.
4. Top with optional toppings, as desired.

Serves 6

Nutrients per serving: 179 calories, 11.8 grams total fat (saturated, 2.9 gram), 18.6 grams carbohydrates; 14.9 grams total sugars (0 added sugar), 2.1 grams protein, 2 grams fiber, 297.9 milligrams sodium, 0.3 milligrams cholesterol.