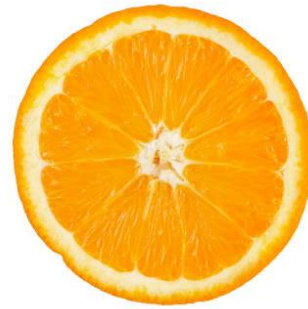


Prep School Performance Nutrition News

with
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Nutritionist. Speaker. Consultant.

Happy holidays! December is a busy month for everyone! This month's newsletter is about staying healthy during the winter months and over the holiday break. I hope that you all have time to enjoy some outdoor winter fun over the next month!

- Kathleen Searles

Stay Healthy this Winter! - Nutrition and Your Immune System



With a demanding school schedule it is easy to get run down during the winter months. A general healthful diet is one way to boost your immunity to help stay well through cold and flu season.

- The first guideline is to eat enough – not a problem for most people! Your immune system requires adequate calories to maintain effective levels of infection fighting cells. Protein is also an important nutrient because with a good protein intake the body will have access to the amino acids (such as glutamine) that help support immune function.
- Many of the various vitamins and minerals play a role in maintaining immunity. For example, vitamin C is known to lessen the severity of colds. Two nutrients of special importance in

News and Events:

Winter sports season is here! Are your athletes ready to play hard through the final period and the final week of competition? Could they use some tips to improve their stamina with a focused nutrition plan? Call or e-mail today to tell me about the challenges they are facing and we can start looking for solutions!

Also, please be sure to visit my newly updated website at <http://www.lunchbox-nutritionist.com>

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**Food Service Tips for
Providing Immune System**

the teen population are iron and vitamin A. Females in particular are at risk for inadequate iron intake. Surveys of teens have historically shown low intakes of vitamin A, which is important in maintaining mucous membranes and antibodies.

- Adequate vitamin D levels have been demonstrated to reduce the number of viral infections and sick days. Most people in northern climates do not make enough vitamin D because of a lack of sun exposure. Getting outdoors daily and using vitamin D fortified dairy products can help you to maintain a favorable vitamin D status.
- Anti-oxidants are substances in food that protect cells from immune-suppressing DNA damage by free radicals. Anti-oxidants are found in colorful fruits, vegetables, and spices.
- Recent research is focused on the importance of the intestinal tract in maintaining immunity – up to 60% of immune cells are found in the gut. Pro-biotics are bacteria that are helpful to normal intestinal function and pre-biotics are substances in food that support healthy intestinal bacteria. Pro-biotic foods include yogurt, cottage cheese, soy sauce, miso, and fresh sauerkraut. Pre-biotic foods include whole grains, legumes, onions, leeks, and garlic.

So what does a diet that supports a healthy immune system look like? Like any other healthy diet, it will be based on plenty of fruits and vegetables, whole grains, lean meat and vegetable protein sources, and low fat dairy products. See the food service tips for ideas of specific foods to look for in your meals.

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Keep Fit and Healthy this Holiday Season!

For the students in your community:

- Student athletes will want to keep up a generally high carbohydrate diet, with emphasis on healthy carbs such as fruits, vegetables, and whole grains.
- Student athletes will also want to maintain activity levels for competition readiness. Coaches can give specific guidelines about expected activity level over the holiday break.
- All students should plan to transition their sleep schedules back to school hours during the last few days of the vacation break.

For the adults in your community:

- Focus on your holiday favorites that are only available at this time of year.
- Eat a light snack before going to a party so

Supporting Foods

Soups: Use colorful vegetables such as winter squash, kale, and pumpkin. Use legumes like split peas, kidney beans, black beans, or garbanzos. Try miso based soups. Use spices like cumin, turmeric, or ginger.

Salad Bar: Offer citrus sections, yogurt, legumes, leafy greens, nuts, carrots, peaches, apricots.

Entrees: Try including more vegetable protein sources like legumes or tempeh. Use high anti-oxidant herbs and spices such as cumin, turmeric, dill, oregano, rosemary, or sage. Try citrus or cranberry based sauces for fish, ham, chicken or pork.

Sides: Roast colorful root vegetables. Offer baked sweet potatoes, cabbage, or stewed tomatoes. Include onions, leeks, or garlic in some of your veggie dishes.

Desserts: Experiment with pumpkin bread, squash pie, apple cake, or pumpkin cookies. Use spices like cinnamon and ginger.

Breakfast: Offer oatmeal with toppings such as nuts, cinnamon, and canned or dried fruits. Provide yogurt, berries, and citrus fruits.

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About:

Kathleen Searles provides consulting services to private secondary schools. She is available to speak to students, faculty, coaches, etc. on a variety of general and sports nutrition topics. With over 30 years of experience in the boarding school environment, she is ready to tailor nutrition messages to your school's needs.

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that you don't arrive "starved" and get tempted to overeat.

- Keep up some daily physical activity.
- Like the students, transition your sleep schedule back to school hours a few days before the holiday break ends.

Visit www.lunchbox-nutritionist.com on the *News and Tips* tab to find my "Top Ten Tips for Eating Well During the Holidays" and for "Fast Foods for Athletes" (scroll down to "News for Teens.")

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