

Preparing Your Body to Fight Illness: Nutrition as a First Line of Defense

August 2020



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- When the Q&A portion begins, remember to unmute your computer/phone and ask one question at a time.
- This call will last for approximately 45 minutes.

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Senior Scientific Director

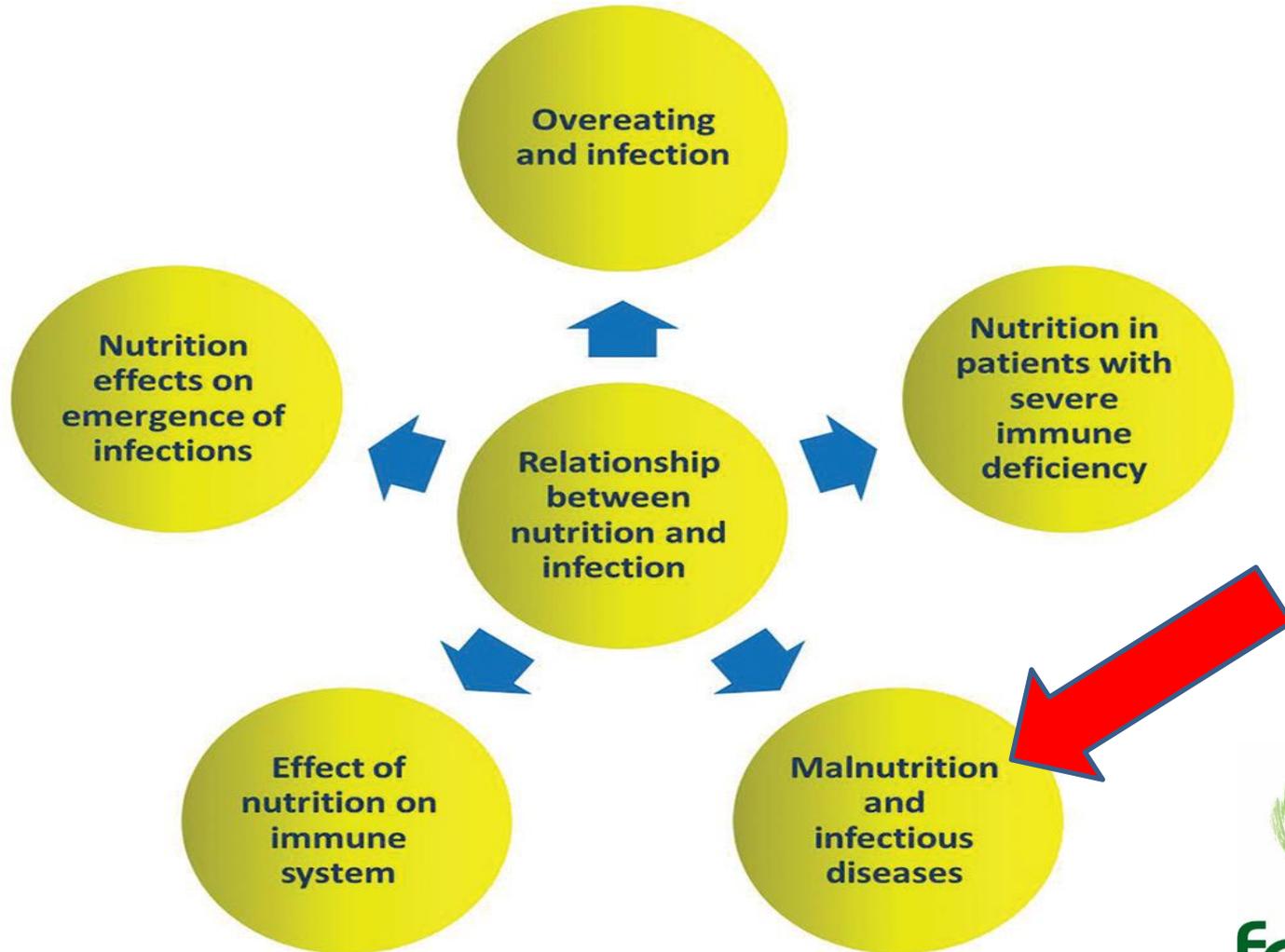
- Deepa Handu, PhD, serves as a Senior Scientific Director for the Academy of Nutrition and Dietetics Evidence Analysis Library.
- Dr. Handu earned her Ph.D. in Human Nutrition from Michigan State University.
- She has methodological expertise in conducting systematic reviews and quantitative analysis in the field of nutrition.
- In her position at the Academy, she has led the development of a number of systematic reviews and clinical practice guidelines, and conducted research to improve evidence-based methods for the EAC.
- Dr. Handu previously has served as the Dietetic Internship Director at Edward Hines Jr. VA Hospital, Director of the Master of Science in Nutrition and Wellness program at Benedictine University, and Assistant Clinical Professor at Loyola University.
- Her work has been published in refereed journals, she has published a book on Research Methodology, and she has delivered numerous professional presentations at the local, state, and national level.



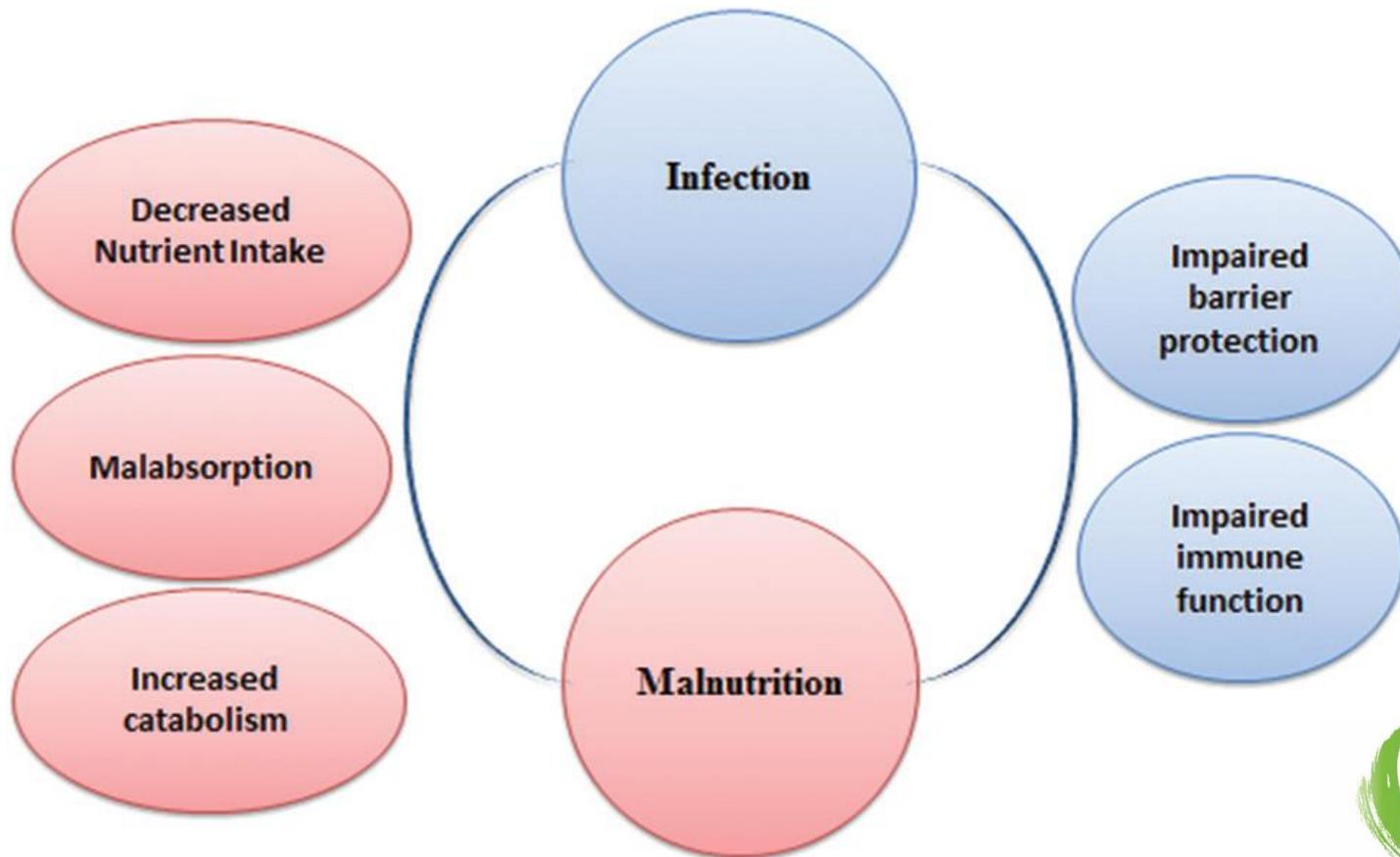
Let's Talk About

- The relationship between nutrition and infectious diseases
- Factors that weaken the body's ability to fight infection
- Balanced nutrition is the key element in preparing your body to fight illness

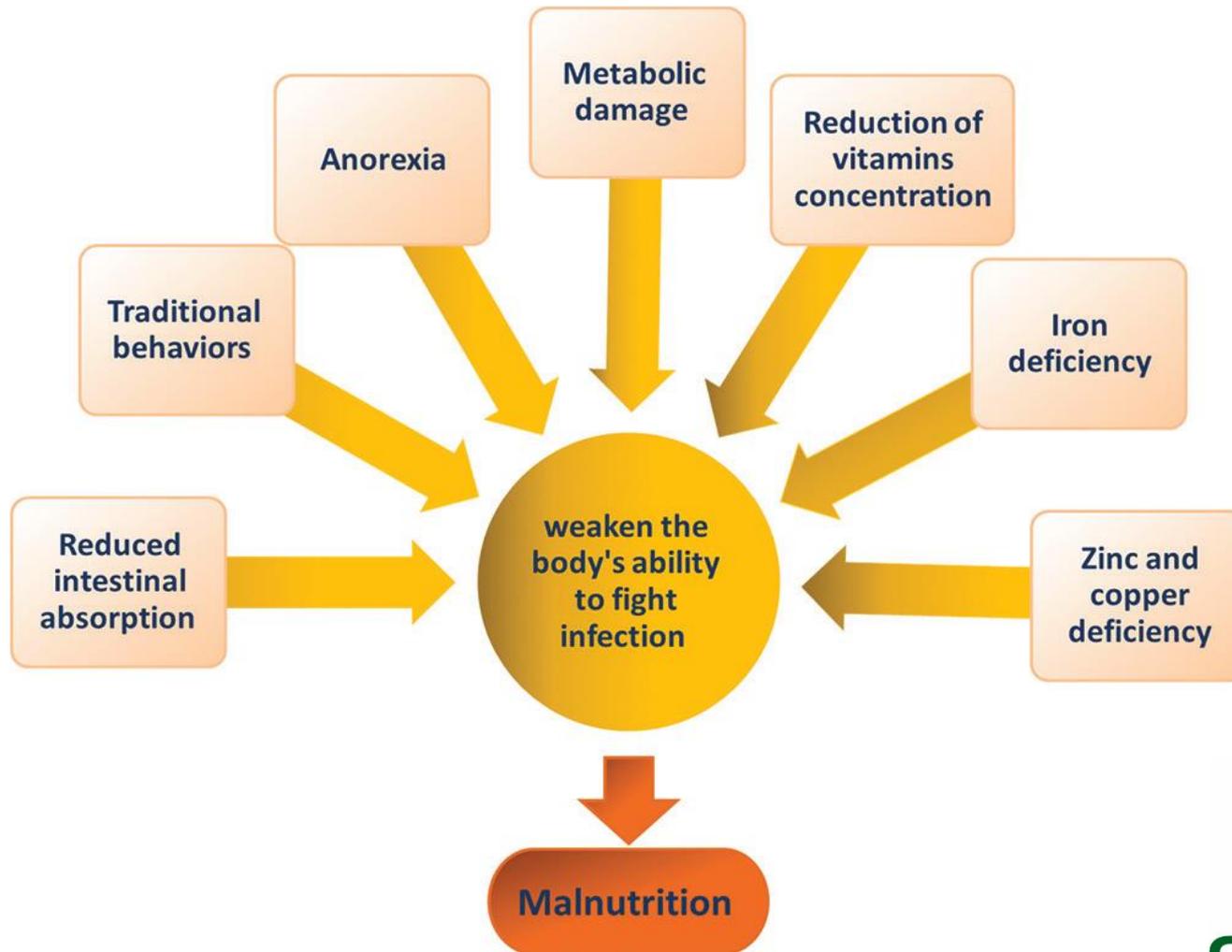
Relationship Between Nutrition and Infectious Diseases



Bidirectional Relationship of Malnutrition and Infection



Factors that Weaken the Body's Ability to Fight Infection



**So.....how do we
prepare our body to fight
illness?**



Balanced Nutrition.....

- Balance and harmony
 - Balanced Nutrition
 - Staying Active
 - Adequate Sleep
 - Managing Stress



- Maintaining a healthy dietary pattern helps keep the immune system in good shape and ready to tackle infections
 - Very unlikely that individual foods offer special protection
 - Aim to eat:
 - ✓ Balanced diet with whole fruits, vegetables, lean proteins, whole grains, and plenty of water

Healing Your Immune System

- Protein

- Building block of immune cells
- Most adults need 50g of quality protein/day (or palm sized portion per meal)
- e.g. eggs, seafood, lean meat, poultry, beans and peas, soy products and unsalted nuts and seeds etc

- Vitamin A

- Helps regulate immune system and protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy.
- Sources: sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, eggs or vitamin A fortified foods (milk, cereals)

- Vitamin C

- Stimulates the formation of antibodies
- Choose citrus fruits such as oranges, grapefruit and tangerines, strawberries, tomato juice, broccoli, bell peppers

- **Vitamin E**

- Works as an antioxidant and supports immune function
- Sources: fortified cereals, sunflower seeds, almonds, vegetable oils (sunflower or safflower), hazelnuts and peanut butter

- **Zinc**

- Helps heal wounds
- Sources: lean meat, poultry, seafood, milk, whole grain products, beans, tofu, seeds and nuts

- **Vitamin D**

- Helps maintain strong bones, teeth, muscle function, brain-body communication via nerves, immune system
- Sources: Sun, diet or supplements. e.g. fatty fish like salmon, mackerel, small amounts are found in beef liver, cheese & egg yolk; fortified foods- milk, orange juice, yogurt cheese, soy beverages

- **Other nutrients**

- Vitamin B6, B12, copper, folate, selenium, and iron also may support immune response and play a role in a healthful eating style



Supplements: Do You Need to take Them?

- Dietary Guidelines for Americans.....
 - *“Nutritional needs should be met primarily from foods. Individuals should aim to meet their nutrient needs through healthy eating patterns that include nutrient-dense foods.....(which) contain essential vitamins and minerals and also dietary fiber and other naturally occurring substances that may have positive health effect.”*
- Who needs supplements?
 - Older adults, pregnant women, & people at increased risk of nutrient deficiencies, if eating very few calories each day because of poor appetite, limited food choices due to allergies, following a vegan or vegetarian diet
 - If you have a specific nutrient deficiency, or feel you don't consume a balanced diet.....
 - If taking supplements, make sure you don't exceed the recommended levels as too much of some vitamins and minerals can cause health issues.

Academy of Nutrition and Dietetics. Vitamins, Mineral and Supplements: Do you need to take them?

<https://www.eatright.org/food/vitamins-and-supplements/dietary-supplements/vitamins-minerals-and-supplements-do-you-need-to-take-them>



Pre & Probiotics

- **Prebiotics**

- naturally occurring, non-digestible food components
- linked to promoting the growth of helpful bacteria in your gut
- include more prebiotics in your day by eating more fruits, vegetables and whole grains such as bananas, onions, garlic, leeks, asparagus, artichokes, beans and whole-grain foods.

- **Probiotics**

- are the "good" bacteria — or live cultures — like those naturally found in your gut
- These active cultures help change or repopulate intestinal bacteria to balance gut flora
- may boost immunity and overall health, especially GI health
- Sources: fermented dairy foods including yogurt, kefir products and aged cheeses, which contain live cultures such as bifidobacteria and lactobacilli, fermented non-dairy foods with beneficial live cultures, including kimchi, sauerkraut, miso, tempeh and cultured non-dairy yogurts.

Academy of Nutrition and Dietetics. Prebiotics and Probiotics: Creating a Healthier You.

<https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/prebiotics-and-probiotics-creating-a-healthier-you>



Besides a Healthy Dietary Pattern.....

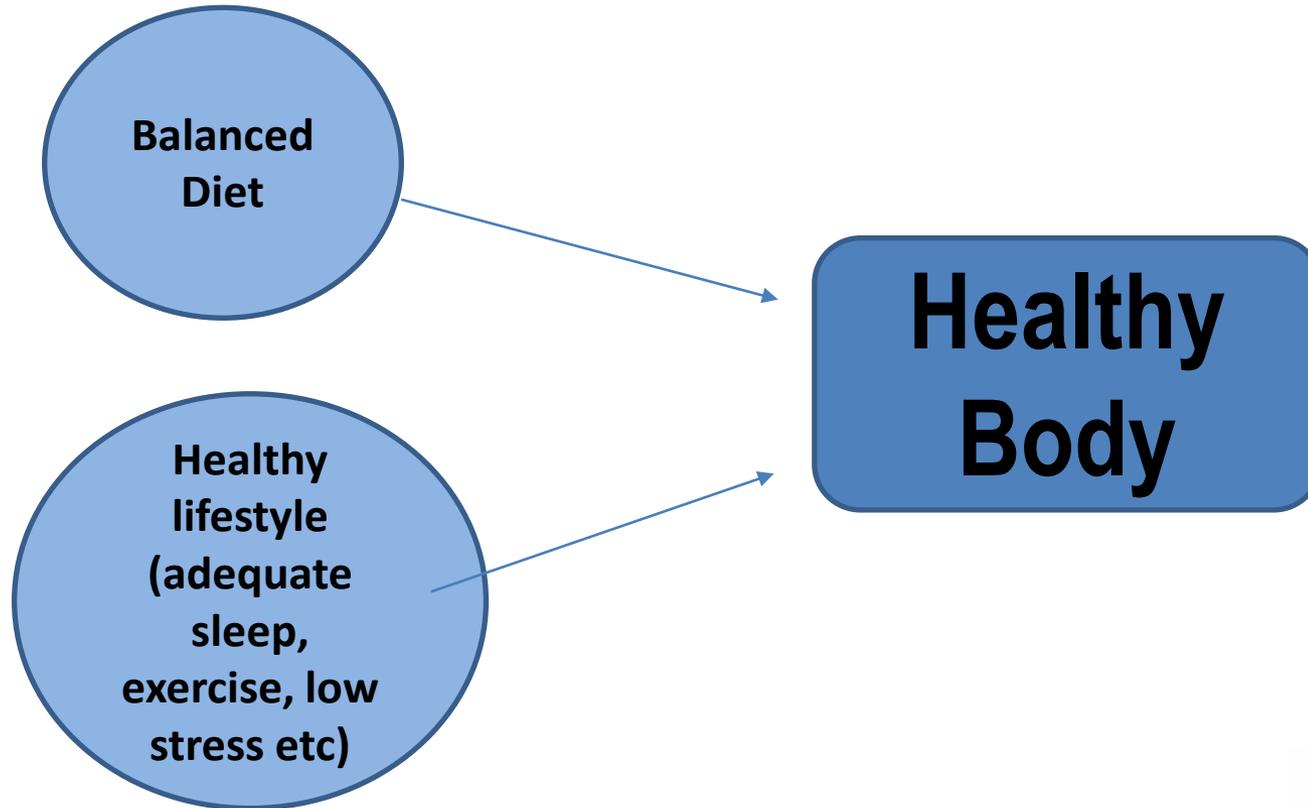
- Regular exercise can contribute to general good health and therefore to a healthy immune system
- Managing stress:
 - Relaxation activities like meditation, breathing exercises, regular exercise
 - Socializing with friends
 - If needed reach out for professional help
- Adequate sleep: everyone's need for number of hours of sleep is different
 - 7- 9 hours is recommended each day for adults
 - Children might need 8 to 14 hours, depending on age

Academy of nutrition & dietetics. Lifestyle & Managing Stress.

<https://www.eatright.org/health/wellness/preventing-illness/lifestyle-and-managing-stress>



Bottom Line.....



THANK YOU!!

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Questions & Discussion



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