Get Back Your Health Month!

As you return to work and school routines, what better time than now to get your health back! Especially after all of your regular eating habits went out the window with the excess of holiday parties and treats. Here are some simple ways to boost your immune system while also aiding in the ever popular new year’s resolutions of weight loss!

Include foods that fill you up and keep you warm while providing added health benefits:

- **Oatmeal**—high in fiber and antioxidants. Studies have shown when animals eat beta-glucan found in oats they are less likely to get the flu, colds and other common viruses.

- **Soup**—Considered the first fast food, eaten as early as 600 BC! Soups are high in water, aiding in hydration while filling you up with less calories. Chicken soup has been shown in research to shorten the length of a cold while keeping mucus thin, the same as cough medicines.

- **Tea**—This is another way to stay hydrated, and green and black versions are loaded with antioxidants. In a Harvard study, people who drank 5 cups a day of black or green tea for 2 weeks had 10 times more virus-fighting compounds in their blood than those who drank hot water alone.

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Celebrate January!

- National Get Back your Health Month
- National Soup Month
- National Oatmeal Month
- National Hot Tea Month
- National Lose Weight and Feel Great Week = 1-8
- National Fresh Squeezed Juice Week = 17-23
- National Pie Day! = 23rd
Eat Colorfully!

Try to get many different colors of foods into your daily diet. Incorporate orange foods that are currently in season:

- Citrus fruits—contain vitamin C as well as many antioxidants
- Sweet potatoes and butternut squash—high in vitamin A which helps protect and keep your skin strong; this is your first line of defense against infections

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Recipe (Courtesy of Cooking Light)

**Carrot and Sweet Potato Soup with Cranberry Relish**

**Soup:**
- 1 large sweet potato, peeled, cut into 2-inch pieces
- 1 large carrot, peeled, cut in 2-inch chunks
- 1 small onion, cut into 8 wedges
- 1 Tbsp olive oil
- 4 cups organic vegetable broth
- 1 tsp finely grated fresh ginger
- 1/4 tsp salt
- 1/4 tsp fresh ground black pepper

Preheat oven to 400 degrees

Soup: Combine carrots, sweet potato, and onion on a jelly-roll pan, drizzle with oil. Toss to coat. Bake at 400 degrees for 30 minutes or until vegetables are tender and just beginning to brown.

Place vegetables, broth, and ginger in a Dutch oven or heavy pot over medium-high heat. Bring to a boil, then cover, reduce heat and simmer for 20 minutes.

Place half of vegetable mixture into a blender. Remove center piece of blender lid (to allow steam to escape) and secure lid on top of blender. Place a clean towel over opening in blender lid to avoid splatters and blend until smooth. Pour pureed mixture into a large bowl and repeat procedure with remaining vegetable mixture. Stir in salt and pepper.

**Relish:**
- 1/4 cup fresh cranberries, coarse chopped
- 3 Tbsp fresh orange juice
- 1 Tbsp chopped shallots
- 1/2 tsp sugar

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**Nutrition Facts**

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<tr>
<th>Serving Size 4.00 cup(s) (358g)</th>
<th>Amount Per Serving</th>
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<tbody>
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<td>Calories</td>
<td>114</td>
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<tr>
<td>Total Fat</td>
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<tr>
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</tr>
<tr>
<td>Vitamin C</td>
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Upcoming Events

International Cooking Series
- Fridays 12-1 PM
  - Come to one or come to all!
  - First class January 20th
  - $20 each ($10 CSU employees)

Healthy You 10-week Weight Loss Program
- Wednesdays 12-1 or 6-7 PM
  - First class January 18th
  - $175 ($87.50CSU employees)

Sign up at www.nutritioncenter.colostate.edu

All events open to the public!