

NATIONAL NUTRITION MONTH 2023

Fuel for the Future is the theme of the National Nutrition Month campaign.

Taking good care of our bodies is part of being a good steward of what God has provided us. Watch for information about nutrition in the church this month. Many references to food and nutrition are found in the Bible and two are listed below.

Genesis 1:29 And God said, "Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food."

Genesis 9:3 Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything.

KEY NUTRIENTS FOR YOUR IMMUNE SYSTEM

Vitamin C supports the immune system, bone formation, and iron absorption. Vitamin C is found in fruits and vegetables such as strawberries, pineapples, tangerines, broccoli, cauliflower, and peppers.

Vitamin E helps maintain a healthy nervous system and aids developing cells. It is found in vegetable oils, nuts, seeds, and leafy, green vegetables.

Selenium is an antioxidant that supports immune system cells. It is found in tuna, Brazil nuts, meat, poultry, beans, mushrooms, and sunflower seeds.

Zinc supports immune function and healthy growth and development. It is found in red meat, poultry, baked beans, chickpeas, nuts, and pumpkin seeds.

Protein helps build bones, muscles, and skin and plays a vital role in growth and many bodily functions. Protein can be found in meat, eggs, beans, milk, Greek yogurt, cottage cheese and nut butters.

Calcium helps build bones and keep them strong. Dairy foods and green, leafy vegetables supply calcium.

Vitamin D helps with the formation of bones and teeth. It can be found in salmon, tuna, fortified dairy products. It is also synthesized by the skin when exposed to sunlight.

DHA Omega-3 feeds the brain and helps it function properly. Find it in salmon, trout, seafood, walnuts, almonds, cashews, and pistachios.

Lutein is needed by our eyes. We get it through eating eggs, green beans, kale, spinach, broccoli, romaine, kiwi, and grapes.

Choline supports brain function and development. It is found in eggs, mushrooms, brussel sprouts, and meats like beef and liver, fish and dairy.