



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Food as Medicine...

As we head into the cooler weather, cold and flu season is upon us. Whether you're worried about a resurgence of the coronavirus pandemic or the annual seasonal concerns, consider how your diet supports your immunity.

The foods we eat not only satisfy hunger and provide energy, but it helps keep our body functioning at its best. Researchers have long been studying the effects of diet, exercise, stress, age and other factors on the body's immune response.

While the intricate cause/effect relationship has not been identified, eating a nutrient-rich diet and following healthy living strategies may give you the upper hand with immunity.



**While not a conclusive replacement for medicine, food can have beneficial properties - especially fruits and veggies.**

**Boost the antioxidants in your menu with this fruit salad containing "winter" fruit.**

## Winter Fruit Salad

### Ingredients:

- 1 large pomegranate
- 1/4 cup honey
- 1/2 tsp. grated fresh ginger
- 2 Clementines, peeled and segmented
- 1 large Gala apple, cut in half, cored and thinly sliced
- 1 medium pear, halved lengthwise, cored and cut into 1-inch pieces
- 1 cup halved seedless red grapes



### Directions:

1. Cut pomegranate into quarters; submerge into bowl of cold water and carefully remove the pomegranate seeds. Reserve 1 cup seeds; in blender, purée remaining seeds. Strain purée through fine-mesh strainer reserving juice; discard solids.
2. In small bowl, whisk together honey, 1 tablespoon pomegranate juice (reserve remaining juice for another use) and ginger.
3. In large bowl, toss apple, pear, grapes, remaining pomegranate seeds and Clementines. Makes about 7 cups.
4. Divide salad into 6 serving bowls; evenly drizzle each with pomegranate honey to serve.