Expert Dish

Dietitian’s Dish

Carrot Ginger Vinaigrette

This simple yet versatile blender recipe is delicious over a bed of greens, noodle bowl or even as a meat marinade.

Yield: approximately 1 cup

Serving size: 2 tbsp

Ingredients
- ¼ cup extra virgin olive oil
- ¼ tsp salt
- 1 ½ tbsp honey
- 1 ½ tsp lime juice
- 1 small carrot, peeled
- 1 inch of fresh ginger, peeled
- ⅛ tsp black pepper
- 2 tbsp goat yogurt
- 4 sprigs fresh thyme
- 1 tsp rice wine vinegar

Instructions
1. Combine all of the ingredients in a blender and blend until smooth. Adjust seasoning to your taste and keep refrigerated for 2-4 days in an airtight container.

Nutrition facts: 98 calories, 5 grams fat, 5 grams carbohydrate.

Submit your nutrition-related questions to dietitian@austin.utexas.edu for a chance to get featured in our next edition.

What’s the Tea?

October 2020

Immune System Health

Although you cannot “boost” your immune system as it is always working, there are general things you can do to strengthen it.

• Avoid eating raw/undercooked foods
• Practice proper food handling and storage practices
• Consume fresh fruits and vegetables
• Stay hydrated
• Manage stress

Guest Feature

Meet Masumi Yoshimoto

Masumi is a senior nutrition major at UT Austin and a future registered dietitian to be. Here are Masumi’s top four healthy habits that she incorporates into her daily routine:

1. Keep ready-to-eat foods in the fridge for when you start to feel snacky.
   “I usually keep boiled eggs, cut fruit, nuts, yogurt and granola bars stocked at all times. These items are great to have on hand for when I get busy and am on the run.”

2. Include a fruit or vegetable at every meal.
   “I aim to include one serving of fruit or vegetable at every meal. Setting small, achievable goals in the key to making positive change. This could look like eating a tangerine with breakfast, steaming some broccoli as a side with lunch or just adding mushrooms into pasta for dinner.”

3. 3. Try to go to bed and wake up around the same time each day.
   “I don’t always get the full eight hours of sleep each day, but I do try to go to bed and wake up around the same time. This keeps me on a consistent schedule so that I know I have enough time to take care of myself rather than rush to do things and end up eating at weird times.”

4. Have a system in place for stress relief.
   “My roommate’s cat is always down for cuddles, which is my recent go-to when I am feeling anxious. I also implement Cognitive Behavioral Therapy techniques to change my perspective on things so that I am in a headspace where I can take small steps toward resolving an issue. In addition, I regularly talk to friends and family so that I can stay connected even when I don’t see them in person. We are really into Among Us right now!”

What do you do to keep your body healthy?

Immune System

• Promotes the growth and development of immune cells
• Helps protect the body from infection
• Regulates the immune system

Vitamin D

• Helps regulate immune reactions and works to reduce inflammation
• Known as the “sunshine vitamin”, it can be obtained from sun exposure as well as food. Just 15 minutes of sunshine can get you enough vitamin D for the entire day!
• Sources: Fatty fish such as salmon and tuna, cheese, eggs, mushrooms and fortified foods such as milk, orange juice and cereals.

Vitamin E

• Another antioxidant powerhouse that protects cells from damage and supports immune functions.
• Sources: Vegetable oils, nuts, seeds, dark green leafy vegetables, pumpkin, asparagus, mango and avocado.

Zinc

• An essential mineral that plays a role in the creation of cells and wound healing.
• Sources: Fortified cereals, seafood and red meat.

Ask the Expert

Q. Should all food be washed?
A. No. There are certain foods that do not need to be washed:

• Raw meat should never be washed. Rinsing raw meat in and bacteria that may be present on the surface.
• Whether it is organic or conventionally grown, always up spills but because they are highly absorbent, they can also pick up foodborne pathogens. Practice these four tips for kitchen sponge safety:

• Clean sponges daily in the dishwasher with a drying cycle or toss in the washer and dryer.
• Sponges should not be used to wipe up meat juices
• Keep sponges stored in a clean, dry location.

Q. What foods should I avoid if I have a compromised immune system?
A.
• Raw or smoked fish
• Unpasteurized milk, cheeses or juice
• Raw or undercooked eggs
• Sources: Fortified foods such as milk, orange juice

Q. What should kitchen sponges be cared for?
A. Kitchen sponges are great for washing dishes and wiping up spills but because they are highly absorbent, they can also pick up foodborne pathogens. Practice these four tips for kitchen sponge safety:

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Q. What do you do to keep your body healthy?
A. I incorporate a variety of healthy habits into my daily routine: eating a tangerine with breakfast, steaming some broccoli as a side with lunch or just adding mushrooms into pasta for dinner.

Fun Facts

• Carrots were first grown to be used as medicine, not food.
• Carrots are the second most popular vegetable in the world, after potatoes.