



Nutrition News

COVID-19 Prevention and Nutrition

We already know that there are foods that help boost immunity and strengthen our immune system. Many of these foods are being studied for their ability to reduce the incidence and severity of COVID-19 infections. Numerous plant-based foods, such as fruits, vegetables, whole grains, beans, nuts, and seeds have been shown to reduce the risk of the very chronic diseases that are closely associated with negative outcomes from COVID-19. Researchers are looking into compounds unique to plant-based foods that may benefit COVID-19 outcomes - both in preventing the disease and reducing its impact.

Say "Roger" to Ginger

Ginger has several compounds that bind strongly to enzymes within the COVID-19 virus in a way that may reduce viral impact on humans. Surprised? You shouldn't be. Many antiviral drugs contain materials derived from medicinal plants that are indispensable to their functionality.

Turmeric also has this binding capacity thanks to its active ingredient curcumin, which may be used in pharmaceutical developments to treat the virus. Curcumin behaves as a protease inhibitor, which prevents the virus from replicating - and thus from spreading. Curcumin has powerful anti-inflammatory properties, and some scientists suggest it be considered for a close clinical trial against COVID-19.

Vegetables from the allium family, like onions and garlic, can also prevent COVID-19. Allium vegetables contain a compound called allicin which has shown antiviral activity. It boosts immune cells and represses inflammation. Allicin

could thus help prevent and subdue the intensity of COVID-19 infections. In addition, research shows that supplements containing allicin can prevent severe attacks from the common cold virus. Onions and garlic already show numerous health benefits, so there's no need to wait to add these immune-boosters to your diet!

Fruits and Veggies To the Rescue

Citrus fruits and cruciferous vegetables like broccoli and cauliflower have copious benefits as well. Citrus fruits have high amounts of vitamin C, which is an immune-enhancing antioxidant. Citrus fruits are also rich in hesperidin, which is a flavonoid known to bind to key proteins of the COVID-19 virus and potentially block infection. Cruciferous vegetables such as broccoli, kale, and cauliflower, contain sulforaphane, which is a sulfur-rich compound that helps reduce inflammation and facilitate repair in the body. Sulforaphane can activate a compound called NRF2 that works against COVID-19. Along with sulforaphane, cruciferous veggies also contain glutathione, which is an antioxidant that has a way to block cytokine storm syndrome and respiratory distress in patients with COVID-19 pneumonia.

All these foods are incredibly beneficial to your health, regardless of whether a pandemic is happening. There are many recipes you can find in cookbooks and online that incorporate these foods in new and interesting ways.

On the back page of this newsletter is a recipe for a ginger turmeric dressing that you can put on salads, grain bowls, grilled tofu, and steamed veggies.

Bon appetit!

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Returning this summer

FREE Office for the Aging Drive-Thru Senior Picnics

For Dutchess County seniors age 60+

12 picnics, covering every community in
Dutchess County

A hot meal to go, served by Office for the Aging
staff, volunteers, and your local elected officials

FREE, with required reservation
(Quantities are limited)

All COVID-19 safety protocols observed

Watch your mailbox for reminder cards,
4-6 weeks before your community's picnic

Do you know a Dutchess County senior turning
100 years old or older this year?

Do you know a Dutchess County couple
married 70 years or more this year?

We'd love to honor them in OFA's annual

Virtual "Celebration of Aging"

In the pages of the Summer 2021
OFA "Spotlight on Seniors" newsletter

To find out more,
contact Office for the Aging Outreach
(845) 486-2555
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Ginger Turmeric Dressing

Yields: 4 servings

Prep time: 5 minutes

Keeps in refrigerator for 5-7 days,
in an airtight container

Ingredients

2 tbsp tahini
¼ cup orange juice (preferably freshly squeezed)
2 tbsp sherry vinegar or red wine vinegar
2 tbsp maple syrup
¾ tsp ground ginger
¾ tsp ground turmeric
¼ tsp salt (optional)
¼ tsp ground black pepper (optional)

Substitutions:

Instead of powdered ginger and turmeric, use
about ¾ tbsp of freshly grated ginger and turmeric.
Instead of tahini try almond butter; you may need
to add water for a thinner consistency, depending
on the thickness of the almond butter.
Date paste can be used as a sugar-free alternative
for maple syrup.

Directions:

Add all ingredients to a medium bowl and whisk
until smooth, or add the ingredients to a blender
and blend until smooth.
Taste for additional flavors of your choice, e.g.
more turmeric for earthiness, more ginger for
spice, more tahini for a more nutty flavor, etc.

Source: www.foodrevolution.org