

Eat and Drink Smart to Fend Off Cold and Flu Season

FAMILY FEATURES

It's no secret that a balanced diet with plenty of fruits and veggies can deliver important vitamins and nutrients for better health, but many of your favorite foods can actually help support your immune system, too.

In addition to precautions like avoiding people who are sick and washing your hands often, you can influence your immune system through what you eat and drink.

Stay hydrated. Keeping well hydrated can be difficult during the winter months, especially if you spend most of your time indoors. A warm drink like this flavorful Orange Spiced Tea provides a strong dose of vitamin C along with a delicious dose of hydration.

Keep the produce going strong. Fresh, seasonal fruits and veggies often come to mind during warmer months, but produce like citrus, leafy greens and root vegetables are plentiful during cold and flu season, too.

"Consuming the whole fruit is the best way to ensure you gain the maximum nutritional benefit," Dr. Poonam Desai said. "When speaking with patients, I recommend seeking nutrients like vitamin C from whole food sources, rather than supplements, especially with a vitamin C-rich fruit like California oranges."

Get a natural boost of vitamins. Vitamins A and C, found in fresh citrus, are two key nutrients that support your body's natural line of defense, your immune system. Just one orange offers 90% of the daily recommended value of vitamin C, and California Navel oranges are in their peak season – just in time for the height of cold and flu season.

Get inspired with more ideas to boost your immune system with essential vitamins and nutrients at californiacitrusgrowers.com.



5 Ways to Get More Vitamin C

- **Pick heavy fruit.** When shopping for citrus, choose fruit that smells fresh and feels heavy for its size. The heavier the orange, the juicier it's likely to be.
- **Explore versatility.** Fresh citrus like California Navel oranges make a nutritious addition to sweet and savory dishes, beverages, cocktails, sauces and more.
- **Use the whole fruit.** Reduce food waste by consuming the flesh, juice, zest and peel. Try squeezing juice and grating zest into a smoothie, using orange segments for a vibrant salad or combining diced Navels with red onion, cilantro and jalapenos for a zesty salsa.
- **Retain vitamin C content.** Vitamin C is water soluble, so to retain as much as possible, eat citrus fresh, avoid overcooking and use minimal amounts of water.
- **Refrigerate for longer shelf life.** Keep your citrus fresh longer by storing it in the refrigerator at a temperature below 42 F. To get the most juice out of the orange, bring it to room temperature before cooking.



Photo courtesy of Getty Images

Orange Spiced Tea

Recipe courtesy of California Citrus Growers

- 6 cups water
- 1 clove cinnamon or 1/2 teaspoon ground cinnamon
- 6 tea bags
- 1 cup California Navel orange juice
- 1/2 cup white sugar

- 2 tablespoons lemon juice
- 1 slice California Navel orange

Bring water and cinnamon to boil; let cinnamon dissolve. Remove from heat and add tea bags; soak at least 5 minutes. Remove tea bags.

In separate pan, bring orange juice, sugar and lemon juice to boil. Stir until sugar dissolves.

Pour juice mixture into spiced tea.

Garnish with orange slice and serve hot.

Add Protein and Immune Health Supporting Benefits to Your Coffee

FAMILY FEATURES

Mornings may look different from the norm for many families but staying on track with healthy choices remains a top priority. While you may not be stopping at your favorite coffeehouse on the way to work or school drop-off, a new way to enjoy coffee has grown in popularity, allowing you to get more out of your cup of joe from home.

The popular trend, known as “proffee,” got its name from a protein and coffee combination that adds nutritional benefits to coffee drinks. By adding a protein-rich option like Premier Protein 30g High Protein Shakes to your coffee, latte or cappuccino – hot or iced – your cup can provide you with up to 30 grams of protein and 24 vitamins and minerals, including antioxidants vitamins C and E that help support a healthy immune system.

Available in nine indulgent flavors – including fan favorites like Chocolate, Vanilla, Caramel, Cinnamon Roll and Cookies and Cream – these shakes make it easy to stay on track with your health goals and allow for “proffee” personalization. Plus, they can be enjoyed straight from the container as part of a nutritious breakfast, afternoon snack, post-workout boost or as an ingredient in a protein-packed recipe.

For those looking to make their own proffee, a Chocolate Latte is as simple as it is nutritious. Basic in the best way, you can enjoy the benefits of coffee, but with protein, vitamins and the addition of delicious chocolate notes. Or, for another warm coffeehouse-style option, you can take advantage of the many health benefits of curcumin and turmeric in a Golden Turmeric Vanilla Protein Latte. A sprinkle of pepper may sound odd in your latte, but the pepper can actually improve your body’s absorption of the turmeric.

To learn more, visit premierprotein.com.



Chocolate Latte

Golden Turmeric Vanilla Protein Latte

- 1 Premier Protein 30g High Protein Vanilla Shake
- 2 shots espresso
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon
- 1 dash black pepper

1. Froth vanilla shake using frother on warm setting. If you don’t have a frother, simply shake in container 45 seconds, pour into mug and microwave 45 seconds.
2. Add espresso to 14-16-ounce mug then top with frothed shake, turmeric, cinnamon and black pepper; whisk to combine.

Nutritional information per serving: 171.3 calories; 3.3 g total fat; 0.5 g saturated fat; 0 g trans fat; 20 mg cholesterol; 238.6 mg sodium; 6.6 g total carbohydrates; 1.7 g dietary fiber; 1.1 g total sugars; 30.1 g protein; 6 mcg vitamin D; 23 mg vitamin C; 3.8 mg vitamin E; 650.2 mg calcium; 2.5 mg iron; 348 mg potassium.



Golden Turmeric Vanilla Protein Latte

Chocolate Latte

- 1/2 cup hot brewed coffee or 2 shots espresso
- 1 Premier Protein 30g High Protein Chocolate Shake
- 2 teaspoons cocoa nibs

1. In large 14-16-ounce mug, prepare espresso or coffee.
2. Pour chocolate shake on top to combine.
3. Top with cocoa nibs.

Nutritional information per serving: 203 calories; 6.4 g total fat; 2.4 g saturated fat; 0 g trans fat; 20 mg cholesterol; 189.6 mg sodium; 7.7 g total carbohydrates; 4 g dietary fiber; 1.1 g total sugars; 30.9 g protein; 6 mcg vitamin D; 23 mg vitamin C; 3.8 mg vitamin E; 650 mg calcium; 3.5 mg iron; 538 mg potassium.