



EASTERN MICHIGAN UNIVERSITY

# Center for Health Disparities Innovations and Studies

Creating Healthy Asian American Communities in Michigan



Eastern Michigan University

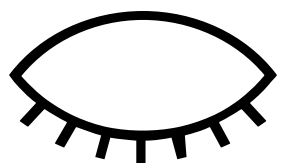
Made possible from funding by the Centers for Disease Prevention and Control



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## 3 easy ways to boost your immunity

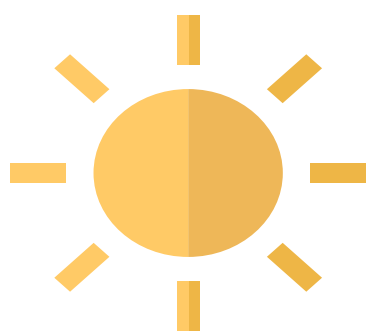
Get enough sleep



Stay hydrated



Get 15-20 minutes of sunlight on your skin every day for vitamin D



## Energizing Pineapple Ginger Smoothie

### INGREDIENTS

- 2 cups frozen pineapple
- 1/2 cups frozen banana slices (or mango)
- 1 tsp fresh ginger (peel removed)
- 2 cups spinach
- 1 cup orange juice, or more if needed
- 1/2 cup water or milk (or more, if needed)

### INSTRUCTIONS

1. Place all ingredients in a blender\* and blend until completely smooth.

\*If you don't have a high speed blender, I find that blending the spinach and orange juice together before adding the other ingredients helps get things nice and smooth.

Adapted from <https://www.onelovelylife.com/pineapple-ginger-smoothie/>

# Foods that boost your immunity

- protein-meat, fish, eggs, lentils, beans, (needed for immune cells)
- garlic (antiviral compounds)
- foods high in vitamin C-oranges, red bell peppers, broccoli, strawberries
- foods fortified with vitamin D-orange juice, milk

