



The cold and flu season is just around the corner! Did you hear that 2 of the most germ laden surfaces are the remote control and your refrigerator handle—so clean them often! Washing your hands frequently is another good strategy!

**The very best defense against the flu is a flu shot and you can get it right here on campus beginning tomorrow:**

**Available Nov. 4-21 from 10 a.m. – 4 p.m. on weekdays in 205 Technical Administrative Service Facility (TASF)-- North end of Gilman Hall.**

**Limited parking will be available in front of TASF. Occupational Medicine staff will administer the immunizations, which are provided by ISU at no cost to the employee. Participants should have their ISU ID card or University ID number available when obtaining a shot.**

What about foods that help boost your immunity?

**Antioxidants** found in plants such as fruits and vegetables and whole grains can help neutralize harmful free radicals and protect cells which boosts your immune system. These may be the best dietary defense against viral invaders. There is no one food to protect you—they are believed to work in synergy. So look for recipes that contain these beneficial foods:

- Yogurt or Kefir** with beneficial bacteria (probiotics)
- Turmeric**-yellow flavorful spice found in curries-has anti-inflammatory effect
- Garlic**-immune boost comes from sulfur-containing compounds which are effective against infections
- Oregano**-high content of phenolic acids and flavonoids
- Red bell peppers**-good source of phytochemicals as well as beta-carotene and vitamin C (vitamin C can reduce severity and length of time cold symptoms last)
- Green Tea**-soothing, steamy effect from hot liquid, contains EGCG which inhibits virus ability to replicate and also inhibits growth of cancer cells
- Pumpkins**-vitamin A rich which helps keep respiratory system healthy-also rich orange color (beta-carotene)aids in cancer prevention
- Ginger**-helps increase sweat production which helps us get rid of germs and toxins
- Oysters**-very high zinc content which protects against colds and flu (also high in lean meats, chicken and other seafood, pumpkin seeds, beans and fortified cereals)
- Broccoli**-rich in glucosinolates which stimulate the immune system and also vitamins, A C and E, also high concentrations of sulfuraphanes which fight cancer

Today begins the **Work Your Way to Wellness Challenge**—offering both a nutrition challenge and activity challenge--for more info on how to sign up, visit this link <http://www.extension.iastate.edu/HealthyLifestyles/News/challenge.htm> Please join us in taking steps to improve your health!

Learn more about how to prevent Type 2 Diabetes during the **third annual Dodge Diabetes Walk on Wednesday November 5** from 11:30 AM to 1 PM on central campus. We will walk rain or shine so bring your umbrella! The route is a circle on central campus with info stations on the north side of the MU, west side of Curtiss, south side of MacKay and east side of Beardshear. You can pick up your map and join this free event at any of these points. Information on how to reduce your risk for Type 2 Diabetes will be provided at each station and those who complete the walk will be placed into a drawing for a gift card.

**November Lunch and Learn** “Love Your Lungs: Lung Health Awareness” on Wednesday November 12 from noon to 1 PM in Curtiss Hall Room 9. Bring along your lunch! Reserve a seat at 4-9625 or [barclay@iastate.edu](mailto:barclay@iastate.edu)

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