



A member of the Office of Well-being



“Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: ‘Thank you!’”

- Karen Salmansohn, bestselling author

These uncertain times can make you feel like you have lost control. Focusing on your health and well-being, however, is something you can control. A strong immune system helps to reduce your risk of infection and improve recovery time. The foods you eat provide your immune system with the nutrients, vitamins and minerals it needs to function at its best. Think of the immune system as an army to defend and protect our bodies against illness caused by bacteria and viruses. You can control the foods you buy and strengthen your immune system to better manage your health.

Build your immune system:

1. Get in your greens.

Green veggies, kale, broccoli and spinach are rich in key nutrients, such as vitamin C, A, zinc and folate, which help immune function and support a [healthy gut](#). Try raw kale salad for lunch or oven roasted Brussels sprouts.

2. Cut back on salt.

A recent [study](#) demonstrated that too much salt may lead to immune deficiencies. Researchers concluded that when kidneys excrete too much sodium, the body struggles to fight infection. Add flavor to your foods with herbs, spices or garlic as alternatives to salt.

3. Don't forget fiber.

Fiber helps shift the makeup of bacteria in your gut in ways to enhance your immunity, your mood and sleep. The best sources come from whole foods — food that has been processed or refined as little as possible and has no additives or other artificial substances. These include fruits; vegetables; whole grains; legumes (beans, peas and lentils); nuts; and seeds. Try oatmeal topped with fruits and nuts, or some hummus and veggies.

Join Us This Week

**Ask the Expert: Nutrition and Immunity
Jennifer Thompson, MS, RD, CSP**

Every Thursday from **noon to 12:30 p.m.**

<https://jhjhm.zoom.us/j/92461185780>

Phone: +1-301-715-8592

Password: 875628

**Let's Connect on Well-being
Building an Exercise Program**

Every Tuesday from **noon-12:30 p.m.**

<https://bit.ly/3e6DhNo>

Phone: 404-410-4502

Access code: 475-370-896



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**Johns Hopkins
Employee Highlight:**



Kimberly Foltz,
Clinical Systems Manager
Johns Hopkins Bayview
Medical Center

- “I have dramatically changed how I eat over the last few years in an effort to improve my health. It is a continual area of focus for me, as it can be time-consuming to prep/make meals daily.”
- “I am motivated by making my health journey — a family affair. I strive to ensure that my entire family eats well and exercises so that we can be healthy and enjoy life together.”

**Share how you stay healthy.
[Click here](#) to submit your story.**

[Click here](#) for Healthy at Hopkins Resources to Support You and visit the Healthy at Hopkins Portal (via [my.jh.edu](#) and select the Healthy at Hopkins logo) for additional offerings.

Or visit the [Office of Well-being webpage](#)



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