



Beating the Winter Blues

Are you feeling tired, sluggish, and just plain blue? When it gets darker early and the temperatures drop, the winter months can be a time when we lack energy and the motivation to do things. Here are some things to give you the boost you need through the winter months:

- Vitamin D helps to increase your immunity as well as decrease depressive symptoms. We tend to get most of our vitamin D from the sun. Because it gets darker earlier in the winter and because we spend less time outside our bodies don't get as much vitamin D. This leads to "feeling blue." If you can't find a few minutes to hang outside you can also get your vitamin D by eating more dairy like milk and egg yolks.
- You can also beat the winter blues by increasing your vitamin C. This vitamin has immunity-boosting superpowers. It's also high in antioxidants and can increase energy levels and lower anxiety. You can find it in citrus fruits, leafy greens, broccoli and cauliflower, winter squash.
- Physical Activity is great for relieving the stresses of life. It also helps your mind by releasing those "feel good chemicals" that improve your mood. Plus it helps increase your energy. Being physically active doesn't mean you have to run a marathon. Small activities like walking, stretching, or making extra trips when unloading your car can increase your heart rate and release those healthy chemicals.
- Other things that can help are Omega 3 Fatty Acids and lean proteins. Omega 3's help to reduce inflammation, which is often related to getting sick. You can find these fatty acids in salmon, nuts and seeds, avocado, spinach. Lean proteins, such as chicken, turkey, fish, beans, nuts, and seeds are a great source of energy, which is something that will help beat fatigue.

So if the winter months are getting you down, try giving yourself a boost. And remember, summer is right around the corner.

Try this delicious JSY recipe with Omega 3 rich avocados and vitamin C rich tomatoes!

Avocado and Tomato Salad

Makes 8 servings.

Ingredients:

4 avocados, pitted and chopped
4 tomatoes, chopped
1 onion, thinly sliced
1 Tablespoon vegetable oil

2 Tablespoons vinegar
1/2 teaspoon garlic powder
1/4 teaspoon oregano
Salt and pepper to taste

Directions:

1. In a large bowl, toss together avocados, tomatoes, and onion.
2. In a small bowl, stir together the oil, vinegar, garlic powder, oregano, black pepper and salt. Pour over avocado and tomato mixture. Mix gently.
3. Cover and chill for one hour before serving
4. Refrigerate leftovers.



Why not have **Just Say Yes to Fruits and Vegetables (JSY)** visit your food pantry, soup kitchen or shelter? We provide free nutrition education, along with taste samples of healthy recipes and free gifts. Please give us a call for more information.

Kristyn Bopp, Nutritionist, (518) 786-3691 x225 or email at Kristynb@regionalfoodbank.net. Serving the following counties: Albany, Clinton, Columbia, Delaware, Essex, Franklin, Greene, Fulton, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington Counties.

Monica Cieslak, Nutritionist, (845) 534-5344 x 109 or email at Mcieslak@foodbankofhudsonvalley.org. Serving the following counties: Dutchess, Orange, Putnam, Rockland, Sullivan and Ulster counties.