



Nurse Liv's Nook

Supporting your health with Nutrition

Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness and other health problems. No one food or supplement can prevent illness but you may help support your immune system by including these nutrients in your overall eating plan on a regular basis.

- Protein plays a role in the body's immune system
- Vitamin A helps regulate the immune system and protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy.
- Vitamin C supports the immune system by stimulating the formation of antibodies.
- Vitamin E works as an antioxidant and may support immune function.
- Zinc helps the immune system work properly and may help wounds heal.
- Vitamin B6, B12, copper, folate, selenium and iron also may support immune response and play a role in a healthful eating style.

Try this easy after school snack at home and stop by my office and tell me how you liked it.

No Bake Monster Cookie Oatmeal Energy Balls

Ingredients Needed:

3 cups	Quick Oats
1 cup	Peanut Butter (smooth) (For even more protein add 1 spoonful of organic plant protein)
½ cup	Honey
½ cup	Mini M&M's Candy (If you want to make them healthier, you can leave out the M&M's and replace them with peanuts, chia seeds and/or flax seeds. There are lots of options!)

Instructions

1. In a small mixing bowl, combine all ingredients and mix well.
2. Roll into balls and set on a baking sheet (use a silicone baking mat or wax paper to keep them from sticking.)
3. Refrigerate for about an hour.
4. Store in airtight container.

Nutrition per serving

Calories: 121kcal | Fat: 6g | Saturated fat: 1g | Sodium: 49mg | Potassium: 109mg | Carbohydrates: 14g | Fiber: 1g | Sugar: 6g | Protein: 4g | Calcium: 10% | Iron: 0.7%