

Nutrition Notes

May 2020

- Telehealth Success: Banister Nutrition has been doing telehealth for two years primarily with patients in rural Oklahoma. Our transition to meeting with all of our patients via telehealth in mid-March was an easy adaptation. We have found that patients love the convenience of meeting online. We really appreciate the referrals we receive daily from each of you, our healthcare provider friends.
- COVID19 and Diabetes: People with diabetes (PWD) are not more likely to contract COVID19, but the chances of experiencing serious complications are increased. High blood sugar or fluctuating blood sugar weakens the defense work of the immune system making PWD more vulnerable to become seriously ill if COVID19 is contracted.
- Opportunities for Health and Fitness as a result of COVID19: Prior to COVID19 a frequent excuse for not eating healthy or not exercising was *no time*. COVID19 shelter-in-place provides the perfect opportunity to be intentional with changing habits to improve your health and fitness. Plan meals, cook and eat at home, teach your family to cook, take time to pause and actually *think* about the choices you are making. Are you truly gut hungry or emotionally hungry, leading you to seek comfort from food to escape the uncertainty we are living with? Daily exercise will always help with physical fitness, but at this time daily exercise needs to be prescribed as a necessity for mental health.
- Healthy Immune System to Fight COVID19: Your immune system must be strong enough and sophisticated enough to fight off many infections and illnesses including COVID19. Lifestyle habits can help give the immune system what it needs to fight off illness. It is no surprise a healthy diet is key to a strong immune system. Focus should be placed on a daily intake of at least 3 servings each of fruits and vegetables, whole grains, legumes, lean protein and healthy fats. 30 minutes of daily exercise will help stimulate your immune system plus increase fitness and decrease stress for improved mental health. Drink at least 2 qts water daily, get plenty of sleep, and be aware stress can suppress your immune system. There's no research-based evidence that supplements actually help improve your immune system, so save your money.