

## WEBSITE

[www.oswego.edu/auxserv](http://www.oswego.edu/auxserv)

Click:  
Residential  
Dining

# New!

Check out the  
Oswego Nutrition  
Blog @ [oswegonutrition.tumblr.com](http://oswegonutrition.tumblr.com)

Have a Health  
or Nutrition  
Question?

Ask our Registered  
Dietitian (RD)

Email: [sarah.formoza@oswego.edu](mailto:sarah.formoza@oswego.edu)

Phone: x3284

## Nutrients that get along

One plus one doesn't always equal two. When certain foods are eaten together they could produce an even greater health benefit than if they were eaten separately. The technical term for this phenomenon is **food synergy**.

It is the components in foods working together. The concept supports the importance of eating a variety of foods in our diet and including all of the food groups. Selecting nutrient-rich foods that are in their whole state are the best for our bodies and allow for food synergy to occur.

There is still more to discover about this topic but what

researchers have found so far is rather interesting. One of the earliest discoveries was that vitamin C, or ascorbic acid, helps to increase the absorption of some forms of dietary iron. Beans, spinach, tofu, and oatmeal, when eaten



with vitamin C, allows our bodies to absorb the iron in these foods better. Consider adding some berries or a glass

of orange juice to your next bowl of oatmeal to keep your body happily stored with iron and you feeling energized.

Some other examples of food synergy include pairing broccoli with tomatoes, olive oil with vegetables, and green tea with lemon. Keeping the skin on fruits and vegetables as well as eating the whole grain can also work to benefit your health.

So the next time you're wondering why some foods just taste better together there may be a hidden meaning; the nutrients may be getting along well in our bodies to help support our health too.

## Antioxidants to support immunity

You have likely heard the term antioxidants before. What are they exactly though? The National Institutes of Health defines them as substances that may protect your body from the effects of harmful molecules

that may otherwise play a role in heart disease, cancer and other diseases. It's especially important during winter to add more of them to your diet. They boost your immunity and fight off the cold and flu. So make them your new

best friends! They are found in fruits, vegetables, nuts, grains, and some meat, poultry and fish. Colorful fruits and vegetables pack the most antioxidants. Look for these foods at your dining center and boost your immunity!