

FRST Center Nutrition

NUTRITION FOR IMMUNE SUPPORT: STAYING HEALTHY DURING THE WINTER



SOUTH DAKOTA
STATE UNIVERSITY

South Dakota First
Responders Support Training

During winter, first responders can experience increased call volume, long shifts, and higher exposure to seasonal illnesses. Staying healthy is essential for health, safety, and job readiness!

Foods and Supplements for Immune System Support

Vitamin C



- Oranges or Orange Juice
- Strawberries
- Tomatoes
- Peppers

Protein



- Lean Meats
- Eggs
- Greek Yogurt
- Cottage Cheese



Antioxidants



- Nuts and Seeds
- Dark Chocolate
- Colorful Fruits and Vegetables
- Spices (cinnamon, turmeric, ginger)
- Look for Vitamins A, C, E, and Zinc on food labels



Vitamin D

- Fortified Dairy Products
- Eggs
- Salmon
- At least 20 minutes of sun exposure
If have low levels, talk with doctor about a supplement

Sheet Pan Beef and Veggie Stir Fry Recipe

This one-pan meal delivers high-quality protein, colorful vegetables, healthy fats from nuts, and anti-inflammatory spices to support immune health, energy, and recovery during busy winter shifts.

Serves: 3-4,
Prep time: ~10 minutes
Cook time: ~20 minutes

Ingredients

- 1 lb lean beef (sirloin or flank), thinly sliced
- 1½ tbsp olive or avocado oil
- 2 bell peppers, sliced
- 1 cup broccoli florets
- 1 cup snap peas or green beans
- 1 small red onion, sliced
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated (or 1 tsp ground)
- ½ tsp ground turmeric
- ½ tsp black pepper
- 2-3 tbsp low-sodium soy sauce or coconut aminos
- 2 large eggs
- ½ cup cashews or almonds, roughly chopped

Directions

1. Preheat oven to 425°F. Line a large sheet pan with parchment paper.
2. Toss beef, vegetables, oil, garlic, ginger, turmeric, pepper, and soy sauce directly on the pan. Spread into an even layer.
3. Roast for 12-15 minutes, stirring once halfway through.
4. Remove pan from oven and push mixture to the sides. Crack eggs into the center and gently scramble with a spatula.
5. Return pan to oven for 3-5 minutes, until eggs are cooked through.
6. Sprinkle with nuts and garnish as desired before serving.

Nutrition Notes

- Lean beef provides iron and zinc, key nutrients for immune health
- Eggs add high-quality protein and vitamin D
- Nuts contribute healthy fats and antioxidants
- Ginger and turmeric support anti-inflammatory pathways

Tip: Serve over brown or white rice, This reheats well for next-day meals or overnight shifts.