

NUTRITIONAL RESOURCES



Food is an important component in our lives. Now, more than ever, what we eat matters. Healthy food choices can help us boost our immune systems, ward off stress and offer comfort.

Food to Boost Immune Systems

To learn what the *cruciferous vegetables* are, and how they can assist in keeping you healthy, click here to watch a 10-minute video:

[The Immune Boosting Power of Cruciferous Veggies](#)

Food to Help With Stress

Did you know that certain B vitamins can help in reducing the symptoms of depression, and can help *improve responses to stress*? Or that foods high in omega-3 fatty acids may *help in reducing anxiety*? To learn more, and for a list of foods that can help, click here:

[9 Foods to Help Combat Stress and Anxiety](#)

Recipes with Pantry Staples

Are you looking for healthy recipes that you can make with the items currently stocked in your pantry? Click here for *recipes and for a list of staples* to keep on hand, such as quinoa, beans, nuts and sweet potatoes:

[Easy Pantry Recipes for Every Meal](#)

Food for Comfort

Are you looking for unique, healthy recipes for *comfort* during this time? Try this tasty dish from Bon Appetit:

[Warm Chickpea Bowl with Lemony Yogurt](#)

For additional *comfort food recipes* to try from Bon Appetit, click here:

[15 Comforting Recipes the BA Staff Is Cooking This Week](#)

For information on coronavirus from your health care providers, click here:

Fallon: [Information About Coronavirus](#) Harvard Pilgrim: [Coronavirus Information](#)

Tufts: [Coronavirus Updates](#) Blue Cross Blue Shield: [Coronavirus Resource Center](#)