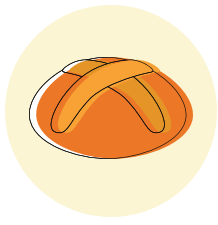


COLD & FLU NUTRITION TIPS

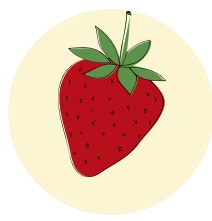
Use food to prevent getting sick and treat your cold & flu symptoms.

EAT 3 MEALS A DAY

Make sure you include:



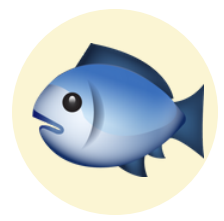
Whole Grains



Fruits



Vegetables



Lean Proteins



Hydrate Properly!

While being sick, coughing, sweating, sneezing, fever, and added mucous production increases the body's need for fluids and can quickly cause dehydration.

Top 4 Liquids:

1. Water
2. Hot broth/soup
3. Non caffeinated tea
4. Fluid with electrolytes



Perform physical activity for at least 30 minutes a day, most days of the week.

Some Cold & Flu Superfoods:

- Citrus fruit: Vitamin C
- De-caf Green tea: Antioxidants
- Dark green veggies: Vitamin E
- Carrots: Vitamin A
- Beans: Zinc
- Fish: Omega 3s
- Yogurt or Kombucha: Probiotics



Avoid:

- Skipping meals and snacks
- Eating meals with a lot of red meat, processed meats, high fat, high sugar, and high salt
- Not drinking enough fluids



Questions? Set up a nutrition consultation with us!

(305) 348-4020

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