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
SHC 180

Healthy Living Program