



## 10 Immunity Boosting Foods for the Cold & Flu Season

“Cold and Flu” season is right around the corner, and it seems that everywhere you go you run into someone sneezing! How can you boost your immunity so you can stay healthy this Fall and Winter? Getting sick is not only uncomfortable, but it also impacts your productivities, your energy level and even your relationship (have you ever got snappy because you have a sore throat or a headache?) If you have kids, I am sure you can relate how hard it is not to get sick from those little slimy hands – they are like Petri dish on legs! Do you know that on average, school-age kids experience eight to ten colds a year? **[According to The Children’s Hospital Guide to Your Child’s Health and Development]** Let’s say you have two children, and the average cold lasts for 10 days, and each of the two parents get half of their colds. So you have  $(8+8+4+4) \times 10=240$  days of someone possibly being sick in your household – that’s more than half the year!! Luckily, there are some easy ways to strengthen your immune system by adding some common yet nutritious foods to your diet. They have high immunity boosting nutrients (e.g. vitamins A, B, and C, zinc), anti-viral and/or antibacterial properties.

***Tip: Limit or avoid sugar & alcohol, both of which can weaken your immune system.***

1. Yogurt (ideally plain yogurt as added sugar can suppress immunity) – probiotics help strengthen immune system.
2. Pumpkin seeds – high in zinc and omega-3, both essential for a healthy immune system.
3. Cold water fish – good source of protein and omega-3.
4. Fresh fruits and vegetables, especially carrots, beets, sweet potatoes, tomatoes – they are rich in beta-carotene, a precursor of vitamin A.
5. Ground seeds, lentils, beans and whole grains – good source of B vitamins and protein.
6. Ginger – has anti-viral properties.
7. Garlic – has anti-viral and anti-bacterial properties.
8. Honey (raw) –has anti-viral properties.
9. Green tea –has anti-viral properties.
10. Mushrooms (maitake, reishi, shiitake) – elevate flu-fighting agents.

***Bonus: Invest in my personal meal plans & grocery list to incorporate these immunity boosting foods into your meals & snacks. And, enroll in my rocking programs: 21 Day Fast Track to A Healthier You, Rocking Grocery Store Trip, Stress Management, Food Label Reading & so much more!***