



FIGHT OFF COLD AND FLU SEASON WITH THESE SIMPLE TIPS

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1 TALK WITH YOUR DOCTOR about getting the flu shot.

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2 WASH YOUR HANDS frequently and try to keep your hands away from your face since the mouth and nose are entry points for bacteria and viruses.

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3 STOCK YOUR GROCERY CART with foods that provide your body with vitamins and minerals to help support a healthy immune system. Your immune system has many moving parts that require a wide variety of nutrients to work effectively. Choose a variety of nutrient-dense foods such as whole grains, fruits and vegetables, nuts and seeds, low-fat or fat-free dairy, and lean cuts of meat, poultry and fish. Check out ChooseMyPlate.gov for ideas and make sure at least half your plate is fruits and vegetables.

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4 GET A GOOD JUMPSTART on your nutrients with oatmeal paired with an 8-ounce glass of Florida Orange Juice. Not only does Florida OJ taste great, it counts toward your fruit intake, is an excellent source of vitamin C and a good source of potassium, folate, and thiamin – nutrients that can help support a healthy immune system.

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5 KEEP YOURSELF HYDRATED, but do it in a healthier way. Instead of beverages with added sugars, opt instead for water, low-fat or fat-free milk, and 100 percent fruit juices.

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6 MAKE NUTRIENT-RICH FOOD SWAPS. Switch up your usual beef tacos with fish tacos using grilled salmon and avocado. For salads, swap out iceberg lettuce with dark green leafy spinach or kale. Top your salad with foods in a variety of colors to obtain a spectrum of nutrients, think red peppers, broccoli, tomatoes, onions, mushrooms, carrots, and roasted sunflower seeds, as well as fresh or dried fruit like fresh orange segments or dried cherries.