

## Flu Fighting Foods

To defend against colds and flu, try these healthy foods that boost your immune system.

**Sweet Potatoes (immune booster)** – has Beta Carotene which is converted into Vitamin A in the body.

**Yogurt (probiotics)** – The good bacteria that defends the body against germs.

**Green Tea (immune booster)** – Contains an immune boosting bacteria called epigallocatechin gallate (EGCG).

**Red Bell Pepper (Vitamin C)** - Twice as much Vitamin C as an orange.

**Wild-caught Salmon (Vitamin D)** – Decreases respiratory infections.

**Garlic (immune booster)** – Contains sulfur and is more effective when fresh and not cooked.

**Almonds (Vitamin E)** – Work as an antioxidant in the system.

**Oysters (immune booster)** – Contain Zinc.

**Brazil Nuts (antioxidants)** – Contain Selenium.

**Chicken Soup (anti-inflammatory)** – Helps to prevent flu by decreasing mucus production.

**Mushrooms (antioxidants)** – Contain selenium.

**Ginger (anti-inflammatory)** – Contains gingerol which fights infection