

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