



Top nutrients to prevent a cold and boost immune system



REMEMBER TO DRINK LOTS OF FLUIDS, LAYER UP AND KEEP YOURSELF WARM THIS WINTER!

Antioxidants:

If your gut instinct is to reach for vitamin C when you have a cold, it turns out there's good reason! Antioxidants like vitamin C lower your risk of infection and protect your immune cells. Oranges, lemons, red peppers and broccoli are all great sources of vitamin C!

Vitamin D:

Vitamin D not only wards off illness but also shortens the duration of an infection. Small amounts of vitamin D can be found in oily fish and eggs. Talk to your healthcare practitioner to discuss taking a Vitamin D supplement.

Omega-3 fatty acids:

An anti-inflammatory essential fat, which helps fight inflammation. Oily fish, nuts and seeds are great sources of Omega-3.

Probiotics and Prebiotics:

Your gut houses 70% of your immune system and holds a community of trillions of microbes that play a key role in your immune system. Including foods like unsweetened Greek yogurt, kombucha and kimchi can help increase good gut bacteria.

Vitamin A:

Vitamin A plays a role in fighting infections. Rich sources include orange foods like carrots and bell peppers, and dark leafy greens like spinach and kale.



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Some additional tips!

GET SEEDY Sprinkle pumpkin, chia, sunflower, hemp, and flax seeds on cereals, in grains, and over cooked vegetables.

DRINK TEA Green or black tea can help fight off infection.

SNEAK IN SUPERFOODS Try adding spinach and avocados to smoothies, or stirring pureed cauliflower and pumpkin into tomato sauces.

SPICE UP MEALS with fresh ginger, garlic, chili peppers, curry powder, or turmeric to boost immunity and enhance circulation.

GET MOVING Did you know exercise can help chase winter colds away? Regular exercise triggers the production of immune cells that fight cold and flu germs.

Seek support

from a Dietitian near you:

www.dietitians.ca/find

References: Rodalewellness.com, JJ V. Six Ways to Stay Healthy all Winter: Be Mindful of the Numerous Ways to Fend Off the Winter Cold and Flu. Torstar Syndication Services, a Division of Toronto Star Newspapers Limited, Hamilton, 2018.

Turner, Lisa. Winter Wellness: Cold Weather can be Hard on Body, Mind, and Spirit. Try these Tips for Surviving the Holidays, Avoiding Colds and