

SPICE OF LIFE



NEIGHBORLY NUTRITION MINUTE

DECEMBER 2019



BOOST YOUR IMMUNE SYSTEM

NATIONAL INFLUENZA VACCINATION WEEK
Dec 1-7, 2019

- The flu is a contagious respiratory illness which can cause serious illness and even death
- The annual flu vaccine is the best way to protect against this serious disease
- Wash your hands frequently to decrease the spread of germs
- Get 7 to 9 hours of sleep daily
- Avoid smoking

VITAMINS TO KNOW:



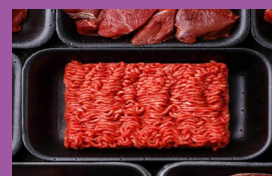
Vitamin C – Important for your body's germ-fighting cells.
Source: tomato, citrus, strawberries



Vitamin E – Kills free radicals in your body.
Source: nuts



Vitamin A – Important for skin and the lining of your gut and airways, the surfaces that germs come in contact. Source: pumpkin, sweet potato, beef liver



Zinc – Helps your body fight bacteria and viruses.
Source: oysters, red meat, poultry



Selenium – Protects against free radicals and infection.
Source: seafood, brazil nuts

Source: Healthy Habits to Help Prevent the Flu <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>

Dietary Supplement Fact Sheets: <https://ods.od.nih.gov/factsheets/list-all/>

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