



FOOD FOR PREVENTION

Researchers are finding positive links between immune function and components in food. If you or your kids seem to get one cold after another, you'll want to make sure they eat plenty of immune-building foods.

Garlic boosts your immune system, increasing resistance to infection and stress. To get the immune power from garlic, crush the cloves with the flat side of a knife before adding them to your food. This releases the garlic juice, which has great immune properties.

Cheese and other dairy products contain conjugated linoleic acid, a natural component of dairy fat that have boosted immune response in animal studies. Probiotics, which are found in yogurt, may also strengthen the immune system.

Vitamin C, found in citrus fruits and juices, also helps the body's immune system.

Zinc, found in meat, chicken, peanuts and peanut butter, plays an important role in the proper functioning of the immune system in the body.

FOODS THAT HEAL

Fresh ginger root can help you when you are sick by inducing sweating and decreasing nausea and diarrhea. Make ginger tea by grating one ounce of fresh ginger in a pint of water. Cover and simmer for 10 minutes. Add lemon and honey to taste.

Chicken soup and warm beverages increase the flow of nasal secretions, helping alleviate cold symptoms. Of course, the taste and wonderful aroma of chicken soup may be an important part of the beneficial effects.

The best way to get the daily requirement of essential **vitamins and minerals** is to eat a balanced diet that contains a variety of foods from the **food guide pyramid**.

**If you have any questions or concerns, please call:
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