

We are more likely to catch the flu during the winter months. Individuals over the age of 74 are at the greatest risk of developing serious complications of the seasonal flu. The following foods may help to prevent the cold and flu virus.

- Foods high in vitamin C help to boost immunity. These include oranges, bell peppers, strawberries and broccoli.
- Protein helps your body build and maintain strength. Most protein-rich foods contain vitamins B6 and B12, which contribute to a healthy immune system. Protein-rich foods include lean meat, poultry, fish, legumes, eggs and nuts.
- Foods high in selenium and zinc help to keep your immune system strong. These foods include beans, nuts, meat and poultry.
- Consume foods that contain glutathione, such as kale, collards, broccoli and cabbage.
- To boost immunity, incorporate mushrooms such as shiitakes and maitakes into your diet.

What to eat when you have the flu

- If you have increased mucus production associated with the flu, avoid dairy products
- Garlic is a natural bacteria fighter, so be sure to incorporate it into your diet
- To prevent dehydration when you don't feel like eating, or have nausea and vomiting, consume liquids such as hot tea and clear broth.