

Super Foods For Boosting Your Immunity during Flu Season!



Break outs of the flu are responsible for millions of lost hours at both work and home each year, not to mention many miserable days trying to recover. If you're wondering what you can do to **naturally boost your immunity** and prepare your body's defenses, study the foods you're eating, look at your family's meals, and make the changes needed to ensure everyone is eating a **well-balanced diet** abundant in nutrient-dense fruits and vegetables, low-fat proteins, and complex carbohydrates.



Black currants

are even richer in vitamin C than oranges, containing approximately three times the recommended daily intake for adults. Its imperative that you get plenty of vitamin C since it helps prevent infections and helps keep the immune system healthy.

Pork has high levels of zinc and selenium, both of which help keep

your immune system strong. Its also one of the best sources of B vitamins and contains only a little more total fat than beef. So be sure to include lots of pork entrees in your menu planning.

Yogurt that includes live cultures has a positive effect on your GI tract, and as a result, helps the body purge the germs from the body more quickly and effectively and fight the flu.

Potatoes are one of the most affordable sources of vitamin C, and nicely complement any entree with their high levels of potassium and fiber. The skin contains the most fiber and the flesh just under the skin contains the most vitamin C. **Fresh potatoes are the best source of vitamin C.** Be careful of how you choose to prepare them, as soaking them in water robs them of their germ-busting vitamin C.



Whole wheat pasta

is also rich in niacin, fiber, and iron. Its complex carbohydrates are an essential part of a healthy **diet** that will keep your immune system strong.

Start adding these super foods to your **menu** today and naturally boost your immunity against sickness.