SPECTRUM COMMUNITY SERVICES, INC.

MEALS ON WHEELS AMERICA 2021 MEMBER

Nutrition Education

Find immune supporting nutrients in many every day foods

Vitamin C: citrus fruits, bell peppers, strawberries, and broccoli

Vitamin D: milk, yogurt, salmon, vitamin D fortified foods

Zinc: beans, nuts and seeds

Probiotics: yogurt, kimchi, miso and sauerkraut

Protein: eggs, whole grains, cheese, meat and seafood

Sources:
https://www.cdc.gov/flu/
https://www.health.harvard.edu/staying-healthy/covid-19-and-flu-season-what-to-expect
https://health.clevelandclinic.org/eat-not-fight-colds-flu/

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It's Flu Season—Protect Yourself from Getting Sick

Every year between 9 million to 49 million Americans get sick with the flu which can cause mild to severe illness and can result in hospitalization or sometimes even death. Now with the COVID-19 pandemic still around, it may be more of a challenge to differentiate the two viruses since they have similar symptoms. With the flu season occurring around fall and winter, it is important for high-risk individuals to take extra steps to protect themselves from getting sick with the flu.

High-risk individuals are referred to as: Older adults 65 years or older, those with chronic medical conditions, pregnant women, children under 5 years old.

Flu symptoms:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Tiredness or fatigue

Tips for flu prevention:

- Get your flu shot
- Wash hands regularly
- Avoid close contact
- Avoid touching eyes, nose, mouth
- Stay home if you are sick
- Cover cough and sneezes

While no food or supplement can cure or prevent the flu, you can help protect yourself from the flu by eating foods that help support your immune system. **Consider the following nutrients to help support your immune system:**

- **Vitamin C**
- **Vitamin D**
- **Zinc**
- **Probiotics**
- **Protein**

Consuming a healthy balanced diet with variety along with healthy lifestyle factors can help you prepare for the flu season.