



Shopping Guide to Help Maintain Good Health During Cold and Flu Season

To help keep the sniffles and sneezes away, shop for nutrient-rich foods and beverages. Important nutrients to support a healthy immune system include vitamins A, B6, C and E, and potassium, zinc, and magnesium. Live and active cultures in yogurt also pack a punch, as well as folate found in 100% orange juice and spinach. Load your shopping cart with these immunity heroes to help maintain good health:

1. 100% Orange Juice
2. Avocado
3. Spinach
4. Tomatoes
5. Garlic
6. Bell Peppers
7. Sweet Potatoes
8. Grapefruit
9. Eggs
10. Cultured Yogurt
11. Oatmeal
12. Whole-Grain Bread
13. Almonds
14. Salmon
15. Lean Beef