

NUTRITION

Beat the Flu!

February is peak flu season! Incorporate these 5 vitamins and minerals into your diet to strengthen your immune system this month.

- 1) Folate 

Found in: fortified breakfast cereal, beans, spinach, asparagus and avocado



- 2) Zinc 

Found in: fortified breakfast cereal, red meat, poultry, dark chocolate, beans, nuts and oatmeal.



- 3) Vitamin E

Found in: oils, seeds and nuts



- 4) Vitamin D

Found in: yogurt, milk and fortified orange juice



- 5) Selenium

Found in: tuna, nuts, meats and whole wheat bread

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