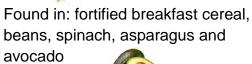


Beat the Flu!

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

1) Folate



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



Vitamin D
 Found in: yogurt, milk and fortified orange juice



5) Selenium
Found in: tuna, nuts, meats and whole wheat bread

NUTRITION

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2) Zinc

avocado

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