

## EAT YOURSELF WELL

The nutrients found in fresh foods are proven to boost your immune system. Follow the symbols below to find out the foods that help you stay healthy, what to eat to help fight illness, and if you do fall sick, what will best speed up recovery. To keep you and your family well at all times of the year, print out this handy chart and stick it on your fridge. Plus, for some nutritious, fuss-free and flu-beating meal ideas, see p 131 in the July issue of *Good Taste*.

★ Eat to ward off cold & flu bugs    ■ Eat when you're sick    ◆ Eat when you're on the road to recovery

FOOD	WHEN TO EAT THEM	WHY THEY HELP	HOW TO MAXIMISE THE BENEFITS
<b>Citrus fruits</b> such as oranges, lemons, mandarins & grapefruit	★ ■	The vitamin C and range of anti-oxidants in citrus fruits help boost your immune system.	Eat the whole fruit if possible. Otherwise, squeeze and drink the juice.
<b>Berries</b> such as blueberries, raspberries & strawberries	★ ■	Berries are a great source of anti-oxidants. To get a good selection of these anti-oxidants, make sure you eat a wide variety of berries.	Fresh or thawed frozen berries will both give you the same benefits.
<b>Fluids</b> preferably water, weak tea or herbal teas	■ ◆	When feverish, we lose more fluid than usual in the air we breathe out. Sweating further increases loss of fluids, which need to be replaced.	Either hot or cold drinks are fine. However, avoid strong tea or too much coffee as these may keep you awake when you need sleep to help you recover.
<b>Chicken soup</b>	■ ◆	Scientific studies show that chicken soup contains anti-inflammatory compounds that really do help relieve colds and the flu.	Chicken soup needs to be homemade. Packet and canned soups have little effect. (See p 131 in July's <i>Good Taste</i> for a Chicken Soup recipe idea.)
<b>Fish</b> and other seafood	★ ◆	The omega-3 fatty acids in fish have anti-inflammatory effects.	Grill, steam or barbecue the fish. Avoid anything battered or fried.
<b>Milk, meat &amp; nuts</b>	★ ■ ◆	These foods contain glutamine, which studies show boost anti-viral immune responses in our bodies.	Keep quantities moderate. Low-fat milk and lean meat are just as effective as full-fat milk or fatty meats.
<b>Red capsicum</b>	★ ◆	One of the richest food sources of vitamin C, red capsicum also contains a vast array of carotenoids that act as anti-oxidants.	Eat it raw to get the maximum vitamin content.
<b>Honey</b>	■	Studies in children show that honey has anti-cough properties that help them get a better night's sleep when they have a cough or respiratory infection. Don't give honey to children under 12 months old though – it contains spores of a bacterium that their tiny tummies can't handle.	For adults and kids alike, try a spoonful of honey or combine it with hot water and lemon juice and sip it slowly. If giving honey to children, rinse their mouth with water afterwards to protect their teeth.