

Eat Right...

Fight the Flu with

Healthy Foods



FITCITYCHALLENGE

Fighting the Flu with Healthy Foods

It is important to eat a variety of fruits and vegetables so our body gets all the nutrients it needs to keep the immune system healthy. Fruits and Veggies contain antioxidants and can help boost your immune system with Vitamins A and C. Also beta-carotene is important which are the orange, yellow, and red fruits and veggies. Remember to *Eat a Rainbow* of fruits and veggies!



Here is a list of Seasonal Veggies you can find in the Fall:

Acorn Squash
Belgian Endive
Bell Peppers
Bok Choy
Broccoli
Brussels Sprouts
Butternut Squash
Cabbage
Carrots
Cauliflower

Celery Root
Celery
Chayote Squash
Collard Greens
Ginger
Kohlrabi
Mushrooms
Mustard Greens
Onions
Parsnips

Potatoes
Pumpkin
Rutabagas
Swish Chard
Sweet Potatoes/Yams
Turnips
Winter Squash



Here is a list of Seasonal Fruits you can find in the Fall:

Pinapple
Grapefruit
Blueberries
Grapes
Apples

Tangerines
Cantaloupe
Honeydew Melons
Apricots
Nectarines

Oranges
Lemons
Cherries



Food For Thought:

Selenium is also important in immune function. Foods high in Selenium:

Brazil nuts
Tuna
Beef
Cod

Zinc is also an important nutrient in Function. Foods high in Zinc include:

Oysters
Ready to eat cereals
Chicken
Yogurt