

BOOST YOUR IMMUNITY WITH THE RIGHT FOODS!

Did you know that having a strong immune system is your best defense against getting an infection? And good nutrition is essential to a strong immune response to infectious illnesses, so this winter doesn't have to mean more colds and flu for you. **Enhance your immunity with a healthful eating plan with immune-boosting foods:**

Choose Whole grains: Whole-wheat bread, whole-wheat pasta, brown rice, corn and oats provide you with plenty of antioxidants such as Vitamin A, C, E and Selenium that are considered immune boosting nutrients. Whole grains are also a major source of zinc which also plays a positive role in enhancing immunity.

Eat plenty of fruits & vegetables: An eating plan that consists of plenty of fruits and vegetables provide you with plenty of antioxidants. The best choice would be to go for colourful fruits and vegetables i.e. orange, reds and greens to get a variety of antioxidants for good health and immunity!

Include Onion & Garlic in your cooking! These are powerful immune-boosters as they are a rich source of phyto-nutrients, which also work on detoxifying carcinogens.

Enjoy fatty fish: Salmon and sardines are an excellent source of omega-3 fatty acids which play a very positive role in immune enhancement. Fish are also known to be a good source of zinc and vitamin B6 that further help enhance your immunity.

Do not forget to eat your beans: Beans are a very good source of vitamin B6 and iron that are both good immunity boosters.

Snack on Almonds and walnuts: A good source of vitamin E that fight off the harmful effect of free radicals. These nuts are also rich in vitamin B6 and healthy fats.

Add Flaxseed to your diet: A rich source of omega-3 fatty acids, you can use it in breads or muffins, either as whole seeds or ground. A good way to enjoy it would be to sprinkle some on your breakfast cereal and milk in the morning.

Have a yogurt fortified with Probiotics: New studies have found that Probiotics play an effective role in boosting the body's natural defenses. By following a healthy, varied and a well-balanced eating plan, you can easily achieve your recommended quantity of immunity-boosting nutrients.

And more...

Regular exercise can not only provide your body with energy and vitality, but also help in boosting your immunity. Exercising for 30-45 minutes 3-5 times a week can help you immensely.