

## **DECEMBER – Healthy in the Winter**

A healthy and strong immune system is important as we head into the winter months.

### **Nutrients for a healthy immune system:**

- **Vitamin C: Antioxidant and source of beta-carotene**
    - Sources - citrus fruit, cabbage, broccoli, pumpkin, sweet potato, and spinach, have immune-boosting power.
  - **Zinc: Helps fight off current infections**
    - Sources - fish, oysters, poultry, eggs, milk, unprocessed whole grains, and cereals.
  - **Vitamin D**
    - Sources – Sunshine! Salmon, egg yolks, mushrooms
  - **Omega-3's – Anti-inflammatory.**
    - Sources – fatty fish (mackerel, herring, albacore tuna, salmon); chia and flax seeds; walnuts
  - **Probiotics: Protects from infection**
    - Sources – yogurt, kefir, kombucha, sauerkraut, or other fermented foods.
1. **Monitor intake**
    - a. Over-eating and under-eating both effect the immune system.
  2. **Stay active**
    - a. Can boost the immune system and help prevent extra winter pounds.
    - b. Bonus tip – exercising in the sun helps prevent “winter blues.”
  3. **Drink more water**