

# Preparing for Battle

## Nutrition Tips for Surviving this Cold and Flu Season

It's that time of the year: Cold and Flu Season.

Even when you think you're doing everything right, your child comes home with a sore throat and a runny nose. We've all been there, but here are some tips for getting them back to tip-top shape.



#1

### Rest Up

Sleep is one of the easiest ways to help heal. Not only does it provide "symptom relief" for a little while, but it allows the body to focus fully on fighting the bug. Eight hours is considered the minimum, so grab a blanket and pillow and create a comfy environment.



#2

### Fluids, Fluids, Fluids

Getting enough fluids is essential for proper immune function, especially if your child is experiencing fevers, diarrhea, or vomiting. While water is ideal, your child may want something a little more flavorful. If that's the case, try diluting some fruit juice to add a little flavor. Just remember not to overdo it with juice, as many are hidden sources of sugar.



#3

### Fight with Fruit

Fruits play a key role in immune health, as they are high in necessary vitamins and antioxidants. Vitamin C is the "Big One" brought up during cold and flu season, and while further research may still be needed to prove its ability to treat a cold, including vitamin C rich foods is safe, cheap, and simple. Look for citrus fruits such as lemons, oranges, and grapefruits, but strawberries are also great sources. If a sore throat seems to be a problem, try popping some in the freezer to offer some healthy relief before turning to sugar-rich popsicles.



#4

### Stick to the Classics

Chicken soup is a classic for a reason: it works! Not only is it warm and soothing, but the broth is a great way to add more fluids. Look for low-sodium chicken broth options, or grab a rotisserie chicken if you feel like making your own.



**If you think your child might have the flu, be sure to consult a physician and follow any additional recommendations they may have**