

FRIDAY FITNESS TIP



FLU SEASON?! BOOST YOUR IMMUNE SYSTEM!!

We are in the thick of flu season, I'm sure by now you know someone, or maybe even your self has been struck down by the flu. What can we do to help to avoid catching the flu?

There are many strategies such as washing your hands and so forth but today I wanted to give you some foods that you can eat that will boost your immune system and hopefully keep you healthy. Your immune system can be compromised by destructive free radicals and oxidative stress. Eating foods rich in immune boosting nutrients is essential to supporting your overall health.

What to eat then? I'm sure everyone has heard about the benefits of berries, cranberries, blueberries and black berries ranking the highest among the fruits that have been studied.

How about chicken soup? Researchers at the University of Nebraska found that chicken soup deters the movement of inflammatory white cells, which can help prevent cold and flu by blocking the accumulation in the bronchial tubes. The ingredients in chicken soup can provide anti-inflammatory properties that can help reduce congestion. Make sure to add oregano, garlic, cilantro, carrots or onions to your chicken soup.

Broccoli, yep everyone's favorite tree shaped vegetable! Broccoli is packed with immune-boosting nutrients like vitamin A, vitamin C, and glutathione. To maximize the benefits of vitamin C and glutathione, foods are best eaten in the "raw" form.

Sardines, my dad use to make peanut butter and sardine sandwiches, now that might not tickle your fancy, but adding sardines to your diet can boost your immune system! Sardines contain omega-3 fatty acids, which research shows helps reduce the risk of heart disease and inflammation in the body. A recent study shows that omega-3 fatty acids enhance the functioning of the immune cells. Sardines are smaller than other fish and therefore low in contaminants such as mercury. Sardines are also packed with calcium and vitamin D.

Yogurt is a great way to strengthen your immune system. Yogurt is fortified with vitamin D, and recent research has linked low levels of vitamin D to an increased risk of colds and flu. Watch though, all yogurts aren't the same! A sweetened yogurt can easily contain as much added sugar as a soda.

Make sure to add these foods to your diet, in order to be ready for the upcoming race season you need to be training hard right now, and that will be hard if your laid up sick.

Any questions let me know:

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