



## Healthy Eating During Flu and Cold Season

As the weather becomes colder and we stay indoors more, kids often catch colds or other viruses. The cold and flu season can begin as early as October and usually ends sometime in April. While there is no way to cure the common cold or the flu, **healthy eating during cold and flu season can help your family avoid getting sick.**

The **Center for Closing the Health Gap in Greater Cincinnati** is focused on fighting family obesity through good nutrition through the Do Right campaign in partnership with Cincinnati Public Schools.

Here are some **great tips** offered through the partnership for **keeping families healthy this season:**

**There are positive links between good health and certain foods.** If you or your kids seem to get one cold after another, you'll want to make sure to eat plenty of immune-building foods. Garlic and dairy products like yogurt and cheese are full of immune-boosting benefits. Eating meals with these foods keeps infection away and can even reduce stress! Foods with vitamin C, such as oranges, kiwi, and bell peppers, also provide a much-needed defense against colds.

**But what to do if you are already fighting illness?** Mom was right, chicken soup is a great choice when you've got a cold. Chicken soup and warm drinks increase the flow of nasal secretions, helping ease cold symptoms. Of course, the taste and wonderful aroma of chicken soup may be an important part of the helpful effects.

**Healthy eating during cold and flu season means getting the daily requirement of essential vitamins and minerals** by eating a balanced diet that contains a variety of foods from all food groups. Keeping a rainbow of fruits and veggies on your child's plate can provide a great defense against illness this season. Visit The Center for Closing the Health Gap in Greater Cincinnati's website at [www.closingthegap.org](http://www.closingthegap.org) to find more tips on how to keep your entire family healthy.