

## Immune Boosting Tips

Your immune system defends your body against illness. Vitamins, minerals and protein are important to keep your immune system strong. Eat a variety of healthy foods all year long to fight off colds and flus.



### True or False? Vitamin C may help you fight off a cold.

**True!** The best place to find Vitamin C is in vegetables and fruit.

- Fill half your plate with vegetables and fruit at every meal.
- Add red, orange and yellow peppers to a stir-fry or omelet.
- Mix baby kale or finely chopped Brussels sprouts into salads.
- Cut up kiwi, strawberries or oranges and mix with yogurt.

### True or False? Taking a zinc supplement as soon as you start to feel sick may reduce your cold symptoms.

**True!** Zinc is also found in many foods. The best sources are legumes, nuts, seeds, meat and seafood. It's easy to add more to your meals.

- Have a bowl of baked beans or vegetarian chili.
- Enjoy lean beef in a stir-fry or stew.
- Steam mussels with garlic, onion and broth.
- Toast pumpkin seeds and add to salad or trail mix.

### A yogurt a day keeps the doctor away!

Having probiotic yogurt or kefir (fermented milk) every day may help you get fewer colds. Look for products with at least 10 billion active probiotic cultures per serving.

- Enjoy yogurt as a snack or use as a dip for fruit.
- Use plain yogurt instead of sour cream on baked potatoes and tacos.
- Pour kefir over cereal or add to smoothies.

## Food of the Month

### Kiwifruit



This fruit, also called kiwi, is packed with nutrition. Two kiwi have as much potassium as a medium banana and more vitamin C than an orange. They're also high in fibre.

Eat up!

- Cut in half and scoop out the flesh with a spoon, or try the easiest approach - eat it skin and all!
- Blend into a smoothie.
- Add to fruit salad.
- Enjoy on top of yogurt or cereal.
- Mash and add to marinades to help tenderize meat.

## Chicken Noodle Soup

Serves 10

### Ingredients:

1 tsp	5 ml	Canola oil
1 cup	250 ml	Onion, chopped
1 cup	250 ml	Celery, chopped
1 cup	250 ml	Carrots, chopped
2 cloves		Garlic, minced
½ tsp	2 ml	Thyme, dried
½ tsp	2 ml	Oregano, dried
½ tsp	2 ml	Pepper
1		Bay leaf
6 cups	1500 ml	Chicken broth, lower sodium
2 cups	500 ml	Water
1 cup	250 ml	Orzo pasta
½ cup	125 ml	Lemon juice
1 lb	454 g	Chicken, boneless, skinless, cooked
2 cups	500 ml	Baby spinach

### Directions:

1. Heat oil in a large pot. Add onion, celery and carrots. Cook until they begin to soften.
2. Add garlic, thyme, oregano, pepper and bay leaf. Stir and cook for one minute.
3. Add broth and water and bring to a boil. Cover and reduce heat to simmer. Cook until vegetables are soft, about 5 minutes.
4. Add orzo and lemon juice. Simmer for 7-8 minutes.
5. Add cooked chicken and spinach. Allow spinach to soften.

### Nutrition Information per Serving (1 cup):

Calories	141
Fat	2 grams
Carbohydrate	12 grams
Fibre	2 grams
Protein	18 grams
Sodium	401 milligrams

## Did you know?

There is no immunization for colds but the flu shot can help prevent the flu. Get your flu shot this fall. It is your best defense against the flu this season.

## In Your Kitchen

### Meals Made Easy

It's a good idea to have some meals on hand in case you do get sick. Prepare big-batch recipes that freeze well, such as soup, spaghetti sauce or chili. Simply thaw and heat for a warm, comforting meal when you're not feeling well.



Under the weather? Try these quick and easy meal ideas when you don't feel up to cooking:

- Scrambled eggs, whole grain toast and fruit
- Tortilla spread with peanut butter and wrapped around a banana
- Whole grain bagel topped with avocado, tomato and cheese
- Yogurt parfait made with Greek yogurt, fruit and dry cereal
- Baked potato topped with diced veggies and baked beans
- Deli-cooked chicken, prepared salad and a whole wheat roll

## Pharmacy Corner

### It's flu season and we have you covered. Our pharmacists can give flu shots!

Did you know that 10-20% of Canadians are infected with the flu virus each year? The Public Health Agency of Canada recommends getting a flu vaccine every year as the best way to prevent the flu and its complications.

Stop by the pharmacy to ask about your flu shot or book an appointment online at [www.wegiveflushots.ca](http://www.wegiveflushots.ca).

Our Pharmacists and Dietitians are your partners in better health!



### Hungry for more?

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