

# NEED A BOOST?

As we continue to face challenges with the Covid-19 pandemic, it's especially important that we go the extra mile in our communities to keep our residents and care teams safe. These foods certainly won't protect against Covid like a vaccine or social distancing will, but including them in your diet will help keep your immune system in top shape so that you can fight off common colds and infections!

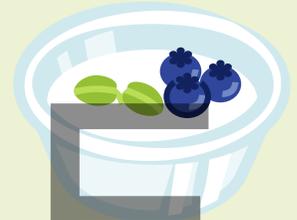
## CITRUS FRUITS

When the common cold symptoms pop-up, a lot of us turn straight to vitamin C for an immune system boost. Vitamin C is shown to aid in production of white blood cells, which are key to fighting infections. With so many citrus fruits to pick from, it's easy to squeeze these into your diet. Popular picks include oranges, clementines, grapefruits and tangerines.



## YOGURT

Yogurt is another super-food with lots of options to choose from. The important thing to look for when shopping is "live and active cultures" on the label. These cultures help to stimulate your immune system, which in turn helps you to fight infections. Keep an eye out for options that include vitamin D, as this vitamin helps to regulate the immune system and boost your body's natural defenses.



## TURMERIC

Turmeric may not be as easily found as yogurt or citrus fruits, but it's worth the effort to incorporate it into your diet. A key ingredient in many curries, this bright yellow spice has been used for years as an anti-inflammatory for both rheumatoid arthritis and osteoarthritis. Turmeric can also help decrease muscle soreness and damage that comes from exercising.



## GARLIC

You can find garlic in just about everything these days, and your immune system isn't complaining about it. Along with helping to fight infections, garlic may also slow the hardening of the arteries and there is some evidence suggesting that it lowers blood pressure. Garlic's immune boosting properties come from a heavy concentration of sulfur-containing compounds.

