

Stay away from stress

Stress makes your immune system weaker.

To lower stress:

- Sleep 7-8 hours a night.
- Drink 8-10 cups of water every day.
- Try yoga and meditation.
- Eat less greasy or fried foods.
- Drink less or no alcohol.

My health goals:



**We offer care for the whole family
& we never turn anyone away.**

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Eat healthy for your immune system!

Your immune system is the part of your body that fights germs and diseases. Eating healthy can help to keep your immune system strong.

Make sure you eat enough:

Protein. Eat chicken, beef, eggs, beans, tofu, nuts, beans, and fish (not fried).



Grains. Eat whole grain or brown rice, whole wheat pasta, oatmeal, or plain cereal like Cheerios.



Vegetables. Eat spinach, peppers, broccoli, carrots, beets, and squash.



Fruits. Eat bananas, apples, pears, and watermelons. Try dried fruit like raisins.



Dairy. Eat nonfat or low fat yogurt, milk, and cheese. Try shakes and smoothies made from milk or yogurt.



Fluids. Drink 8-10 cups of water every day. Drink less sugary drinks like soda and juice.



What foods should I eat more of?

Some foods can be very good in helping your body fight disease.

Try:

Low fat yogurt.



Vegetables and fruits that have lots of vitamin C like berries, oranges, peppers, tomatoes, and potatoes with the skin.

Foods that have healthy fats like walnuts, olive oil, fish, chia, flax, or pumpkin seeds.

What are supplements?

Supplements are pills that give your body extra nutrients and help to keep your immune system strong.



Try multivitamins.

They have lots of nutrients to keep you healthy.

What foods should I stay away from?

Some foods cause inflammation. Inflammation makes it harder for your body to fight disease.

Try to avoid:

Caffeine like coffee and soda.

Fried and greasy foods.

Alcohol, tobacco, or other drugs.

Artificial sweeteners like Equal and Splenda.

Fried and greasy foods.

Sugary foods like cakes and candy.

