

Avoid 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:

Practice food safety.

Keep foods safe and fresh with these tips:

- Always wash your hands before you cook or eat.
- Wash all fruits and vegetables before you eat them. Use warm water and soap to wash melon rinds before you slice.
- Use different cutting boards for raw meats and fruits and vegetables. Wash the cutting boards well after every use.
- Do not eat leftover food after 3 days.
- You can leave food out of the refrigerator for no more than 2 hours. If you leave food out for more than 2 hours, throw it out.



Eat healthy for your immune system!

Your immune system is the part of your body that fights germs and diseases. Eating healthy can help 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 help 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 swelling. Swelling 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.
- **Sugary foods** like cakes and candy.