

# Health & Nutrition

## Hints To Help Improve Immunity

(NAPSA)—The common cold is nothing to sneeze at. Americans in general suffer nearly a billion colds a year and, according to the Centers for Disease Control and Prevention, nearly 22 million school days are lost each year due to colds.

### What You Can Do

Fortunately, following a few simple tips can help boost your immunity:

- **Include vitamin C:** From citrus to broccoli, many fruits and vegetables offer high levels of this necessary nutrient.

- **Take a supplement:** Multi-vitamins and probiotics can help you get more of what might be missing from your diet.

- **Stay hydrated:** Drinking extra fluids—especially lots of water—helps prevent dehydration caused by cold symptoms.

- **Eat foods that are high in essential omega-3 fatty acids,** such as chia seeds or ground flaxseeds. Sprinkle them on top of a salad or blend them into your favorite smoothie.

If you've never had chia, try this Chia Pudding recipe from Whole Foods Market. It can be a delicious way to introduce it to your diet.

### Chia Pudding

(serves 6)

$\frac{3}{4}$  cup chia seeds



**Don't feed a cold:** Research suggests that eating right, including foods rich in omega-3 fatty acids, can boost your immune system.

- 2 cups unsweetened 365 Everyday Value almondmilk or soymilk**
- $\frac{1}{2}$  teaspoon pure vanilla extract**
- 2 tablespoons currants or chopped dried figs or dates (or fruit of choice)**
- 2 tablespoons unsweetened coconut flakes**

**Put chia seeds, almondmilk and vanilla in a 1-quart glass jar with a lid. Tighten the lid and shake well to thoroughly combine. Or, stir together seeds, almondmilk and vanilla in a bowl. Refrigerate overnight. When ready to serve, stir well. Spoon into bowls and top with fruit and coconut.**

### Learn More

For further facts, tips and recipe ideas, visit [www.WholeFoodsMarket.com](http://www.WholeFoodsMarket.com).