

Nutrition news

YOUR SOURCE TO RELIABLE HEALTH & NUTRITION INFORMATION

Boosting your Immune System Through the Food you Eat

With the weather getting colder, many of us are thinking about how to stay healthy and fight off colds and flus. Eating a healthy diet comprised of foods known to have immunity-boosting qualities may help. Several nutrients have been noted to have these properties, such as protein, vitamin A, vitamin C, vitamin E, and zinc.

Top 10 Immune-Boosting Foods:

1. Oysters (excellent source of zinc)
2. Beef tenderloin (very good source of zinc)
3. Sunflower Seeds (excellent source of vitamin E)
4. Almonds, dry roasted (very good source of vitamin E)
5. Red Peppers (excellent source of vitamin C)
6. Broccoli, steamed (very good source of vitamin C)
7. Yellowfin Tuna (excellent source of protein)
8. Chicken breast (excellent source of protein)
9. Raw carrots (excellent source of vitamin A)
10. Boiled Spinach (very good source of vitamin A)

OCTOBER SPECIAL

*Mention this newsletter and
receive 25% off an Initial
Nutrition Counseling Session*

*You pay: \$112.50
Regularly: \$150.00*

What about Water?

It is crucial to your immune system that you consume enough water every day. It cleanses your body of impurities and will allow your immune system to concentrate on fighting off germs.

How much is enough? You need 1 ml of fluid per calorie that you consume. For example; if you are following a 1700-calorie diet, you need 1700ml (or 7 cups) of water per day.

Upcoming Seminars & Workshops:

- Tuesday, October 6, 7-9pm. Nutrition & Organic Foods Course. University of Victoria.

For more information, or to book one of our Dietitians to come speak in your workplace, contact info@danihealth.com.

Health Benefits Coverage

Ask if Registered Dietitian is part of your health benefits plan – you may be covered for up to \$500 per year!



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