



GOT THE SNIFFLES?

Eat these foods if you're down with the flu and you'll feel better in no time, says Jaclyn Reutens, a dietitian from Aptima Nutrition & Sports Consultants.

- **Capsicums.** "They contain beta-carotene and vitamin C, two antioxidants that can prevent the flu from worsening and speed up recovery."

- **Sliced fish soup with tofu.** "Both have lean protein packed with amino acids. These are required for replenishing cells that fight the flu virus."

- **Stir-fried chicken or pork with ginger.** "These meats have iron and zinc

that boost your immune system. Ginger has medicinal properties to treat cold symptoms."

- **Warm soups or beverages.** "Drink clear chicken soup, ginger tea and honey lemon tea. They hydrate and stimulate nasal secretions to clear a blocked nose."

- **Garlic.** "It has anti-bacterial properties. Have it in clear soup or Chinese stir-fried dishes, or roast it with olive oil and spread it over bread."

