

Why a **Healthy Diet** Is Your Best Defense from **Colds & Flu**

If you've ever had to sit out a holiday party or getaway because you were sick, then you know how disappointing that can be. And you might be looking for ways to make sure it doesn't happen again. But between over-the-counter medications, vitamins and herbal products, there are a lot of alleged remedies out there. It's hard to know what works.



Some of the most hotly debated products in the world of immunity are supplements. Do they, in fact, fight off viruses? The short answer is: not really.

There are two reasons supplements may not be as great as we think:

1 Not all supplements are created equal. Some supplements do not deliver the nutritional values they promise.

2 Nothing beats a good diet. Even if you find the best supplements, a wholesome diet will always be a better source of vitamins and minerals.

If you still want to take supplements, speak to your doctor first. He or she can help you choose trusted brands and ensure that your medications won't interact with the supplements.

Eating well is only part of the virus-fighting equation. It's also important to:

- **Clock those Z's.** Studies have found that people who do not get enough sleep are more likely to get sick when exposed to a virus.
- **Wash your hands.** Frequent handwashing is a great way to stop the spread of germs—to yourself and others.

Here are vitamins and minerals you should get through your food:

- **Vitamin C** promotes white blood cells that help fight infections. Find it in citrus fruits, tomatoes and cranberries.
- **Zinc** plays an important role in the functioning of your immune system cells. Find it in oysters, red meat, poultry and beans.

Stay healthy this **cold and Flu** season

1. "Dietary Supplements: What You Need to Know," National Institutes of Health, <https://ods.od.nih.gov/factsheets/WYNTK-Consumer/>
2. "Lack of sleep: Can it make you sick?" Mayo Clinic, <https://www.mayoclinic.org/diseases-conditions/insomnia/expert-answers/lack-of-sleep/faq-20057757>
3. "Keeping Hands Clean," Centers for Disease Control and Prevention, <https://www.cdc.gov/hygiene/personal-hygiene/hands.html>

Questions? Contact us at 1-877-806-9380 or visit WellonTarget.com for more information.

Blue Cross and Blue Shield of Illinois, Blue Cross and Blue Shield of Montana, Blue Cross and Blue Shield of New Mexico, Blue Cross and Blue Shield of Oklahoma and Blue Cross and Blue Shield of Texas, Divisions of Health Care Service Corporation, an Independent Licensee of Blue Cross and Blue Shield Association

Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Onlife Health is an independent company that provides digital health management. No warranties, endorsement or representations are being made about the products and services offered by them.

Well onTarget®

9202547.0823

©2023 Onlife Health