

KEEPING NOURISHED

When Not Feeling Well

What do you eat when you are not feeling well? Two important recommendations for feeling better faster are rest and hydration. Rest is essential for becoming well, and drinking more liquids is the next best step.

Your appetite may be less than normal, so be purposeful in what you eat. Proper nutrition is important to provide the body with the energy to fight germs.

TIPS FOR INCREASING HYDRATION WHEN SICK

- Keep **water** within reach.
- **Sliced citrus** (oranges, lemons, or limes) will add a burst of flavor and vitamin C to water. Citrus may also help you to get better quicker.
- Tired of drinking water? Add a variety of liquids such as **ginger ale** and other clear fluids like tea, **apple juice, or any type of broth**.
- **Jell-O, popsicles, and frozen fruit bars** will help with hydration.

SEMI-HOMEMADE NUTRITIOUS MEAL TIPS

As your appetite returns, think shelf-stable convenience foods for a semi-homemade quick fix. Science shows warm fluids can help with congestion, and chicken soup is on the top of the list. Although homemade chicken broth tastes better, you may not feel like boiling a chicken and making the soup. Think semi-homemade, quick and easy!

- Use low sodium chicken broth in a carton, add egg noodles, a few spices, and herbs, add frozen or canned veggies and boil on the stovetop for a quick, nourishing meal to feel better faster.
- Tomato soup with whole-grain crackers and a small side salad is another healthy option.
- Try brown rice, chicken with some favorite frozen veggies or microwave a baked potato, then top it with cheese and broccoli.
- Build-in vegetables in all meals to help your body have the nutrition it needs to build your immunity.

NUTRIENTS TO KEEP THE IMMUNE SYSTEM STRONG

- **Zinc:** found in meat, poultry, breakfast cereal, almonds, yogurt, and cheddar cheese.
- **Vitamin C:** look to bell and chili peppers, strawberries, citrus fruit, potatoes, and dark green vegetables.

SNACK SUGGESTIONS

- Keep dried fruit and nuts on hand for a nutritious snack that takes little preparation.
- Mix chopped dried fruit with nut butter and dry cereal for a nutrient-packed snack or add them to oatmeal or other whole-grained cereal.
- Make a smoothie with yogurt, milk, bananas, and your favorite fruit for a deliciously balanced meal.