

macrophage activity, which is critical in warding off infection. Beta 1,3/1,4 glucans found in oats and barley, however, do not appear to be effective. So toss extra **mushrooms** in your pasta sauce, soups, stir-fries, casseroles, or pizza. Don't forget, not just exotic mushrooms like **shiitake** or **reishi** contain beta-glucans. Local favorites like crimini and white button mushrooms are also healthy options.

- **Seafood for Selenium**

Most of us think of the good **omega 3 fatty acids** when we think of seafood. But did you know that seafood is also a rich source of **selenium**, a potent **antioxidant**? A small study conducted by researchers from the University of California found that healthy men given a high-selenium diet had a better immune response in improving white blood cells (B-lymphocytes and perhaps T-cell function). So include a variety of sustainable **seafood** choices in your diet.



- **Green Tea for Catechins**

A 2007 study showed that participants taking **green tea** extracts have improved immune response by secreting more virus-fighting interferon. Dr. Susan Percival, one of the researchers in this study, agreed that drinking at least 6 cups of tea will achieve the same health benefits. "Green tea is a better immune modulator as it contains higher levels of catechins, but black tea still has benefits," added Dr. Percival, Professor of Nutritional Sciences at the University of Florida. Drinking 6 cups of tea may seem like a lot, but adding 2 to 3 cups of this calorie-free beverage to your day is not that hard to achieve.



- **Nuts for Vitamin E**

Similar to seafood, most people think of omega 3 fatty acids as nuts' major beneficial nutrients. But **nuts** are also known for their rich levels of Vitamin E, a fat-soluble vitamin. Researchers from Tufts University found that a daily **Vitamin E** supplement of 200 IU may help prevent colds among the elderly living in nursing homes. So enjoy some unsalted crunchy nuts and other Vitamin E-rich foods such as **whole grain cereals**.



- **Take a walk.** Moderate activity, such as a brisk walk, will give your immune system a boost, and that, in turn, should increase your chances of fighting off cold viruses over the long term.
- **Drink plenty of fluids.** Water flushes your system of toxins as it rehydrates you. A typical, healthy adult needs eight 8-ounce glasses of fluids each day. How can you tell if you're getting enough? The color of your urine should be close to clear.
- **Don't smoke.** Statistics show that heavy smokers get more severe colds and more frequent ones.
- **Get plenty of rest.** Sleep helps build your body's natural defenses for fighting off infection.
- **Reduce stress.** Chronic stress can compromise your immune system.