What’s Bugging You?
Learn tips to avoid and manage sickness
(more information available at womenshealth.com)
PREVENT SICKNESS BEFORE IT STARTS!

**DRESSING:** The vegetables in salads provide many health benefits...and the dressing does too! Choose dressings with healthy fats, like those from olive or nut oils. These help your body absorb the antioxidants found in vegetables that help boost immunity. Fat-free dressings don’t provide the same benefits.

**TEA:** Chamomile tea can help prevent sickness. Drinking chamomile can increase polyphenols, which are associated with increased antibacterial activity. Bonus: It also includes a compound that helps you relax!

**SPORTS DRINK:** A sports drink like Gatorade helps you recover after a workout and can also help protect you from the flu.

**WINE:** It is good for your heart and helps prevent food poisoning. The combination of elements in the wine can stop three common food pathogens – E.Coli, Listeria, and Salmonella. All wines have some effect, but reds are the best!

**CRANBERRIES:** They have more antioxidants than other fruits and vegetables. For example, one serving has five times the amount than broccoli. Cranberries are a natural probiotic – enhancing your good bacteria levels and preventing foodborne illness.

**BANANAS:** They are loaded with B6, which helps to reduce fatigue, depression, stress, and insomnia. Bonus: They also help to prevent heart disease and keep bones strong!
What’s Bugging You?

Learn tips to avoid and manage sickness

(more information available at womenshealth.com)

The average adult gets between one and six colds a year and has a 20% chance of getting the flu a year. Feeling under the weather? Recover with these tips!

• **MUSHROOMS**: White button mushrooms have powerful immunity-boosting effects. They increase production of the proteins in your body that fight sickness! Eat them raw or cooked.

• **STEAMY SHOWER**: The steam from a hot shower acts as a natural decongestant. It opens up nasal passages and loosens mucus.

• **CHICKEN SOUP**: It’s not just an old wives’ tale! Studies have shown that chicken soup reduces inflammation caused by a viral infection. Vegetable soup also reduces inflammation, but not as well as

• **HONEY**: It has been shown to be better at decreasing the number of coughs and strength of coughs than the main ingredient in cough medicines.

• **VITAMIN C**: Loading up on foods with vitamin C can help shorten the length of a cold. Try papayas, grape fruits, or oranges! The loads of vitamins in fruits also help strengthen your immune system.

• **SPORTS DRINKS**: They contain electrolytes and glucose that will help restore energy so you can fight off your sickness faster.

For more information & other handouts, visit http://www.utexas.edu/student/housing/wellness