

6 tips to help prevent the cold and flu



- #1 Wash Your Hands Often**
Most cold and flu viruses are spread by direct contact.
- #2 Don't Touch Your Face**
Cold and flu viruses enter your body through the eyes, nose, or mouth.
- #3 Drink Plenty of Fluids**
Water flushes your system, washing out the "toxins" as it rehydrates you.
- #4 Eat Plenty of Fruits and Vegetables**
Plant foods contain immune boosting nutrients – So eat plenty of dark green, red, and yellow vegetables and fruits.
- #5 Eat Yogurt**
The beneficial bacteria in yogurt may help stimulate production of immune system substances that fight disease.
- #6 Do Exercise Regularly**
Aerobic exercises can help increase the body's natural virus-killing cells.

Source: Charles B. Inlander, president of The People's Medical Society. www.Webmd.com

Winter Word Search



BLIZZARD	FROSTBITE	SNOW DAY
HOT COCOA	FROZEN	STORM
FIREPLACE	SLIDE	SOUP

Homemade Hot Cocoa

Prep: 15 min Makes: 4 serving
Cook: 3-5 min 1 Serving = 1 cup

Ingredients:

1/2 cup Pathmark® sugar	1/3 cup hot water
1/2 cup unsweetened cocoa powder	1/8 tsp of salt
4 cups Pathmark® non-fat milk	1 tsp Pathmark® vanilla extract

Directions:

1. In a medium saucepan, combine sugar, water, cocoa, and salt. Over medium heat, stir constantly until mixture boils.
2. Stir in milk and heat for 1-2 minutes. DO NOT BOIL.
3. Stir in vanilla and serve immediately.

Nutrition Facts:

194 Calories; 1g Fat; 0g Saturated Fat; 5mg Cholesterol; 109mg Sodium; 40g Carbohydrate; 2g Fiber; 9g Protein



Disclaimer: "The food and nutrition advice in this newsletter is not meant to take the place of your primary care physician.

12 We recommend that you ask your health care provider or registered dietitian for further information specific to your needs."