

H1N1 Flu: Nutrition tips and guidelines

Prevention:

You can boost your flu-fighting immune system with good nutrition - now is a ideal time to check your eating habits to see if you're giving your body enough immune boosting foods. See if you can:

1) Maximize the colorful foods in your diet: fruits and vegetables.

Fruits – citrus, melons, berries are all loaded w/ antioxidants. Try to eat at three to four servings a day. What counts as a serving? 1 piece of fruit, 1 bowl of melon, 4 oz of juice, $\frac{1}{4}$ c of dried fruit

Vegetables – go for the dark green and orange and red varieties. Try to eat more than four servings a day. Visit the salad bar often! What counts as a serving? 1 cup of raw veggies or $\frac{1}{2}$ cup of cooked veggies



2) Hydrate better – get 8 – 10 glasses a day of hydration – water is your best option so carry around that water bottle and keep sipping throughout the day

3) Include pro-biotics daily – that would be yogurt with live and active cultures (living organisms like lactobacillus bulgaricus, streptococcus thermophilus and lactobacillus acidophilus) which helps the gut stay healthy

4) Choose whole grains – whole grains also provide immune boosting phytochemicals and anti-oxidants. Oatmeal, whole wheat toast, whole grain cereals and brown rice are all available in the dining hall.

5) Get enough sleep – don't forget that sleep helps boost immunity. 7 – 9 hours a night is recommended. Deep sleep stimulates and energizes your immune system.

6) Stay active – moderate, consistent exercise helps release stress and increases immunity too. On a daily basis, include activity and movement that you enjoy.

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Self Care when you get the Flu:

Feed a cold and starve a fever? Or is it the other way around? What should you eat when you have the flu? Here are some tips to help you recover from the Flu:

- 1) Check with your RD to arrange to have meals delivered to your room from Dining Services – you'll feel better eating in the comfort of your room and also won't expose your friends in the dining hall.
- 2) Hydrate – when you're running a fever, you need more fluids. Stick with clear fluids like water, herbal or decaf teas, clear soups (chicken soup, minestrone, veggie soups), juices and jello.
- 3) Appetite will be 'off' – you won't be feeling very hungry. Become a "grazer" – that is try to eat something every two hours or so and likely not in large amounts. Lower fat foods and meals may be more settling to your stomach than high fat meals.
- 4) Protein – this is healing food so try to take in lean protein like chicken, turkey, beans, eggs or dairy foods like yogurt, milk, ice cream
- 5) Immunity boosting foods – try to eat more fruits and veggies like citrus, juices, grapefruit and dark greens like broccoli, spinach and kale/chard.

Self care when you get the Flu with vomiting and/or diarrhea:

In the case of H1N1 flu, it seems to be accompanied frequently with symptoms of nausea, vomiting and/or diarrhea. If these are part of your flu symptoms, the following are very important tips for self care:

- 1) Nausea – refrain from eating large meals or high fat meals – instead you may feel more comfortable sipping beverages and other clear liquids like broth and soups.
- 2) Active vomiting – if you are frequently or constantly vomiting, you need to rest your stomach! Refrain from drinking a large amount of liquid because this can lead to more vomiting. Don't eat or drink for about 1 hour after the latest vomiting incident. Then try to have 2 oz (1/4 cup) of water or sports drink/electrolyte replacement. If this stays down, then repeat with 2 oz every 15 – 30 minutes. Once vomiting has stopped for a few hours, then start upping your hydration amounts to 4 oz every 15 – 30 minutes – use clear liquids like sports drinks, water, herbal or decaf tea with honey/sugar, ice pops, jello or flat soda.
- 3) Once vomiting has stopped and you've been able to keep down clear liquids, you can start having some bland, dry, lowfat foods...crackers, toast/bread, rice, plain pasta, dry cereal – in small amounts. Avoid drinking a lot of liquids with foods because this can bring on nausea or vomiting again.
- 4) Diarrhea? Try eating binding foods like bananas and applesauce.
- 5) Avoid dairy foods! A bout of vomiting and/or diarrhea may temporarily stop your ability to digest dairy foods. So it's best to avoid milk, yogurt, cheese, cottage cheese and ice cream for several days. If you over-indulge on dairy foods too soon, it may cause another bout of diarrhea.