EATING WHEN SICK: SHOULD YOU FEED A COLD? STARVE A FEVER?
Here’s how to fight infection faster and avoid getting sick in the first place.

YOUR GUT: IMMUNITY HEADQUARTERS
Chemicals in the digestive tract fight bacteria, viruses and fungi.

- Saliva contains powerful antimicrobials like lysozyme, alpha-amylase, and lactoferrin
- Hydrochloric acid breaks down most germs before they can reach your intestines
- Proteins and other chemicals fight any remaining harmful bacteria
- Our own good bacteria provide strong protection, too

THE DIGESTIVE SYSTEM CONTAINS OVER 70% OF OUR IMMUNITY

FEEDING THE IMMUNE SYSTEM
The immune system needs plenty of nutrients, so if your diet is poor, you’ll get sick more often (catch-22: you eat and absorb less when you’re sick).

DECREASED NUTRIENT AVAILABILITY
<table>
<thead>
<tr>
<th>Infection</th>
<th>Low appetite/ decreased food intake</th>
<th>Poor absorption</th>
<th>Intestinal damage</th>
<th>Diarrhea/ loss of nutrients</th>
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INCREASED DEMAND FOR NUTRIENTS

BALANCE YOUR GOOD BACTERIA
Prebiotic and probiotic foods will help by building your healthy bacteria. If you’re already sick, though, consider supplementation.

PREBIOTICS (1-3 SERVINGS A DAY)
- Vegetables: asparagus, garlic, Jerusalem artichokes, leeks, onions
- Carbs: barley, beans, oats, quinoa, rye, wheat, potatoes, yams
- Fruit: apples, bananas, berries, citrus, kiwi
- Fats: flax seeds, chia seeds
- Supplements: With meals, take capsules or powders containing 2-4g per day.

PROBIOTICS (1-2 SERVINGS A DAY)
- Dairy: yogurt, cheese and kefir with live and active cultures
- Fermented products: pickles, sauerkraut, kimchi, miso, tempeh, soy sauce, wine
- Supplements: With meals, take refrigerated capsules or powders providing 3-5 billion “live organisms” per day (10 billion if you’re sick).

ABOUT “FEED A COLD, STARVE A FEVER”…
Even the healthiest diet can’t protect you from every invader. So, how much should you eat when you’re sick?

FEVERS
- Science hasn’t confirmed whether or not “feed a cold, starve a fever” actually works. Which is why the best prescription is probably:

Colds

- Garlic: Acts as an antibiotic; can lessen the severity of colds and other infections.

EAT IF YOU’RE HUNGRY

DON’T EAT IF YOU’RE NOT

FOODS THAT CAN SPEED RECOVERY...
- Shown to fight germs and improve symptoms, these may help you feel better faster.

- Honey: Antibacterial and antifungal properties; an effective cough suppressant.
- Chicken Soup: Provides fluids, electrolytes and anti-inflammatory nutrients that decrease symptoms.
- Green Tea: Boosts B cell antibodies; helps us get rid of invading pathogens.
- Elderberries: Antiviral properties; rich in phytonutrients.

…AND SUPPLEMENTS THAT MAY HELP, TOO
- Vitamin C
- Zinc
- Elderberry Extract
- Ginseng
- Quercetin
- Beta-glucan
- Stevia
- Selenium

YOUR STAY-HEALTHY PRIORITIES (IN ORDER OF IMPORTANCE)

TO PREVENT GETTING SICK:
1. Avoid over- or under-exercising
2. Avoid over- or under-eating
3. Maintain a healthy body weight
4. Wash your hands
5. Get enough sleep and manage stress
6. Eat nutrient-dense foods

IF YOU’RE ALREADY FEELING SICK:
1. Drink lots of fluids
2. Rest and recover
3. If you’re hungry, eat
4. If you’re not hungry, don’t
5. Focus on immune-boosting foods
6. Supplement with pre- and probiotics
7. Use immune-boosting supplements

For the full article explaining this infographic:
http://www.precisionnutrition.com/what-to-eat-when-sick