Healthy living strategies

You need a proper immune function to stay healthy. These healthy-living strategies will contribute in part to the normal function of the immune system.

Wash your hands frequently

Make fruits and vegetables part of each meal and snack.
Products like dry and wet soups deliver significant amounts of nutrients comparable to their fresh, cooked or homemade equivalents.

Get enough sleep

Stay hydrated
Aim to drink 6-8 glasses of fluid each day. Consuming foods high in water content like water ices and soups can also contribute to fluid intake (just be mindful of added calories and nutrients to limit, like sugar or salt).

Go out and exercise at least 30 minutes most days of the week

Vitamins & minerals
Several vitamins and minerals are especially helpful for the normal functioning of your immune system: vitamin A, C, D, B6, B12 and iron, zinc, folate, copper and selenium.