

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



Get enough sleep



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



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.



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).



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.

