



# simply healthy

from your Hannaford Dietitian

## Don't Let the Flu Get to You!

While there's no sure-fire way to avoid getting the flu, including certain foods in your diet can boost your immune system, ward off disease and give you more momentum. Stay healthy and energized with these dynamic food combinations:



Lipton® Green Tea

A cup of brewed green tea has natural catechins that provide antioxidant benefits. Brewed tea offers the most catechins, along with soothing hydration.

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Citrus

Packed with vitamin C, a major antioxidant that may shorten the duration of colds slightly.

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### LIQUID SUNSHINE

Hot or cold, green tea served with a wedge or squeeze of fresh citrus fruit, such as lemon or grapefruit, and your body may absorb up to 13 times as many antioxidants than with tea consumed on its own.



Fresh Express® Spinach

Contains magnesium, folate, manganese, iron, vitamin C, vitamins B2 and B6, and potassium. It also includes vitamins A and K, which are essential for good eyesight, blood clotting and bone health.

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Avocados from Mexico®

A healthy fat, essential for good heart health. Avocado is also loaded with vitamin B, beta-carotene, magnesium, and vitamins E and K, all of which could help support overall health, energy, metabolic functioning, and strong bones.

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### GREEN MACHINE

While spinach is good for your eyes, in combination with avocado, it may be even more effective. Some researches believe the healthy fats in avocado increase the absorption of carotenoids, which can promote good eye health. *Both contain Vitamin B, which helps your body convert nutrients into energy.*

## Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations, and do healthy store tours. They can give you the information you need to make the healthy lifestyle changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at [hannaford.com/dietitians](mailto:hannaford.com/dietitians).

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