

# Another Virus Running Through Your Home?



## Smart Immune Health Habits

- Eating a healthy diet
- Getting enough sleep
- Regular exercise
- Managing stress



## Nourish your family's immune systems with the nutrients in dairy foods

Protein

Zinc

Vitamin D

Selenium

Vitamin A

Vitamin B12



## Immunity Shopping List

Enjoy milk, cheese and yogurt, vegetables, fruits, whole grains and lean proteins to nourish your family's immune systems.

- Dairy milk
- Butternut squash
- Whole grain pasta
- Cheddar cheese
- Canned pumpkin puree
- Greek yogurt
- Apples
- Cinnamon
- Pears
- Black beans
- Sweet potatoes
- Chili powder
- Peppers
- Diced tomatoes
- Lean ground meat or poultry

Make butternut squash mac 'n cheese!

Stir pumpkin puree into yogurt and use as a dip for sliced fruit!

Make a veggie-filled chili and top with shredded Cheddar cheese and plain yogurt!

