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

OVER 70% OF OUR IMMUNITY

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 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**

- Low appetite/decreased food intake
- Poor absorption
- Intestinal damage
- Diarrhea/loss of nutrients

**INCREASED DEMAND FOR NUTRIENTS**

- Redistribution of nutrients
- Activation of inflammatory & immune response
- Increased metabolic rate
Prebiotic and probiotic foods will help by building your healthy bacteria. If you’re already sick, though, consider supplementation.

**PREBIOTICS**  
*(2-3 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).
Even the healthiest diet can’t protect you from every invader. So, how much should you eat when you’re sick?

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

**EAT IF YOU’RE HUNGRY**

**DON’T EAT IF YOU’RE NOT**
FOODS THAT CAN SPEED RECOVERY...

HONEY
- Antibacterial and antimicrobial properties; an effective cough suppressant.

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

GREEN TEA
- Boosts B cell antibodies; helps us get rid of invading pathogens.

CHICKEN SOUP
- Provides fluids, electrolytes and anti-inflammatory nutrients that decrease symptoms.

ELDER-BERRIES
- Antiviral properties; rich in phytonutrients.

Shown to fight germs and improve symptoms, these may help you feel better faster.

...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:

- Avoid over- or under-exercising
- Avoid over- or under-eating
- Maintain a healthy body weight
- Wash your hands
- Get enough sleep and manage stress
- Eat nutrient-dense foods
- Feed your healthy bacteria

IF YOU’RE ALREADY FEELING SICK:

- Drink lots of fluids
- Rest and recover
- If you're hungry, eat
- If you're not hungry, don't
- Focus on immune-boosting foods
- Supplement with pre- and probiotics
- Use immune-boosting supplements

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