10 Foods To Eat When Sick With Flu

Eat This:



Plain Broth & Chicken Soup



ICE Pops



Fruits & Vegetables



Garlic



Leafy Greens

Ginger & Tumeric



Vitamin D Foods (mushrooms, egg yolks, salmon)



Oatmeal



Water & Tea



Low-Sugar Electrolyte Drinks

Not That:

Processed Foods





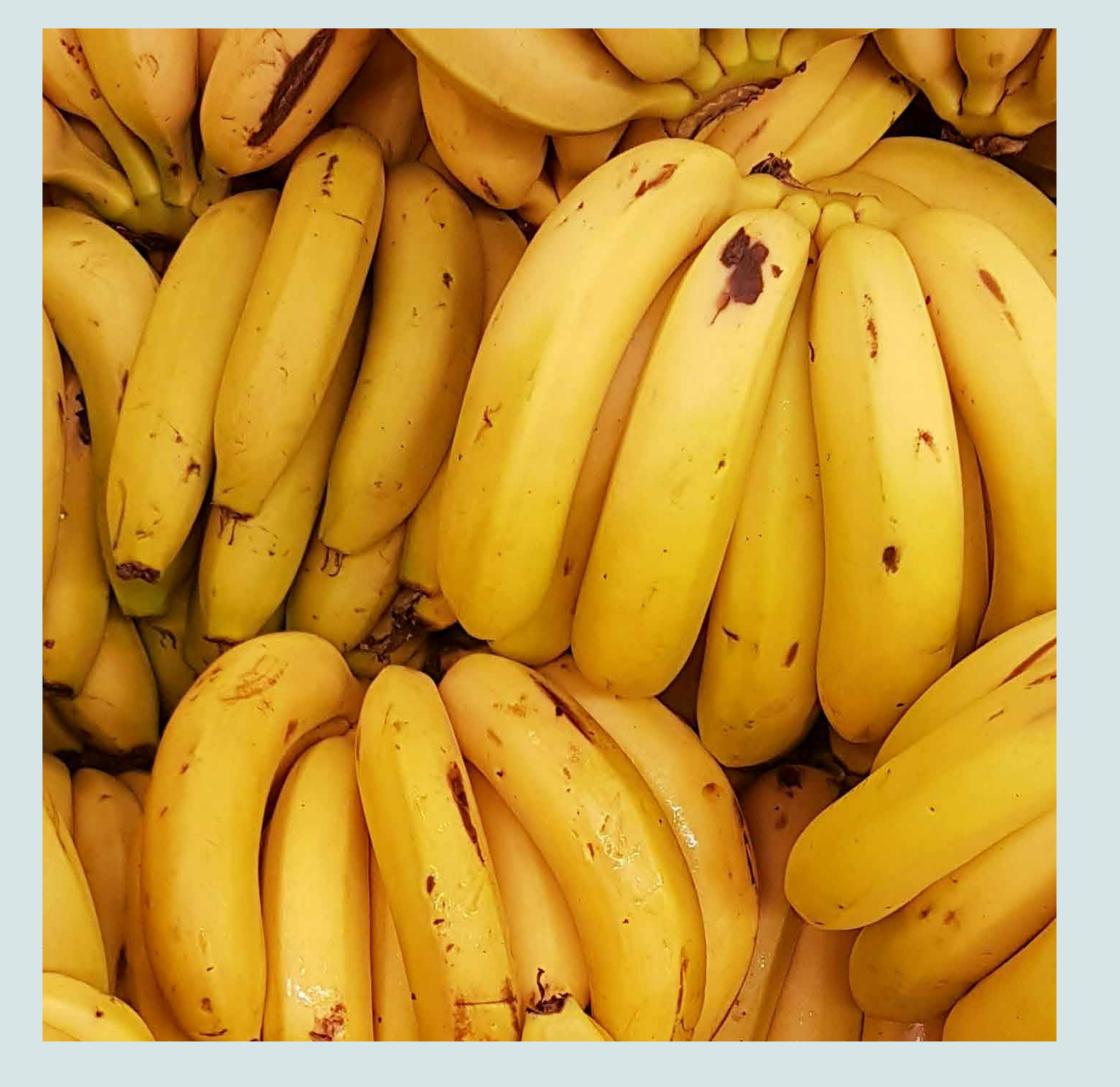


Alcoholic Beverages

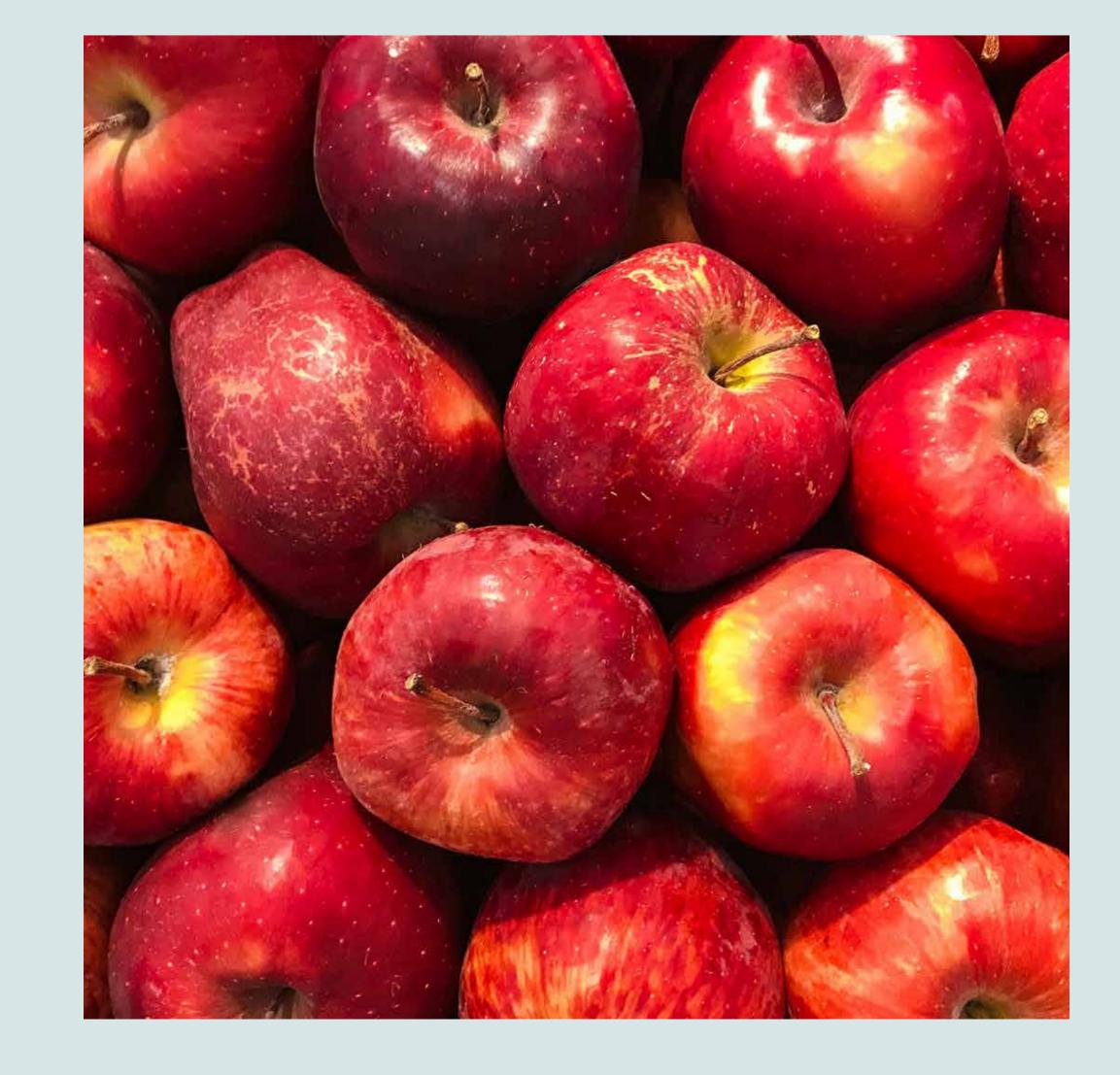


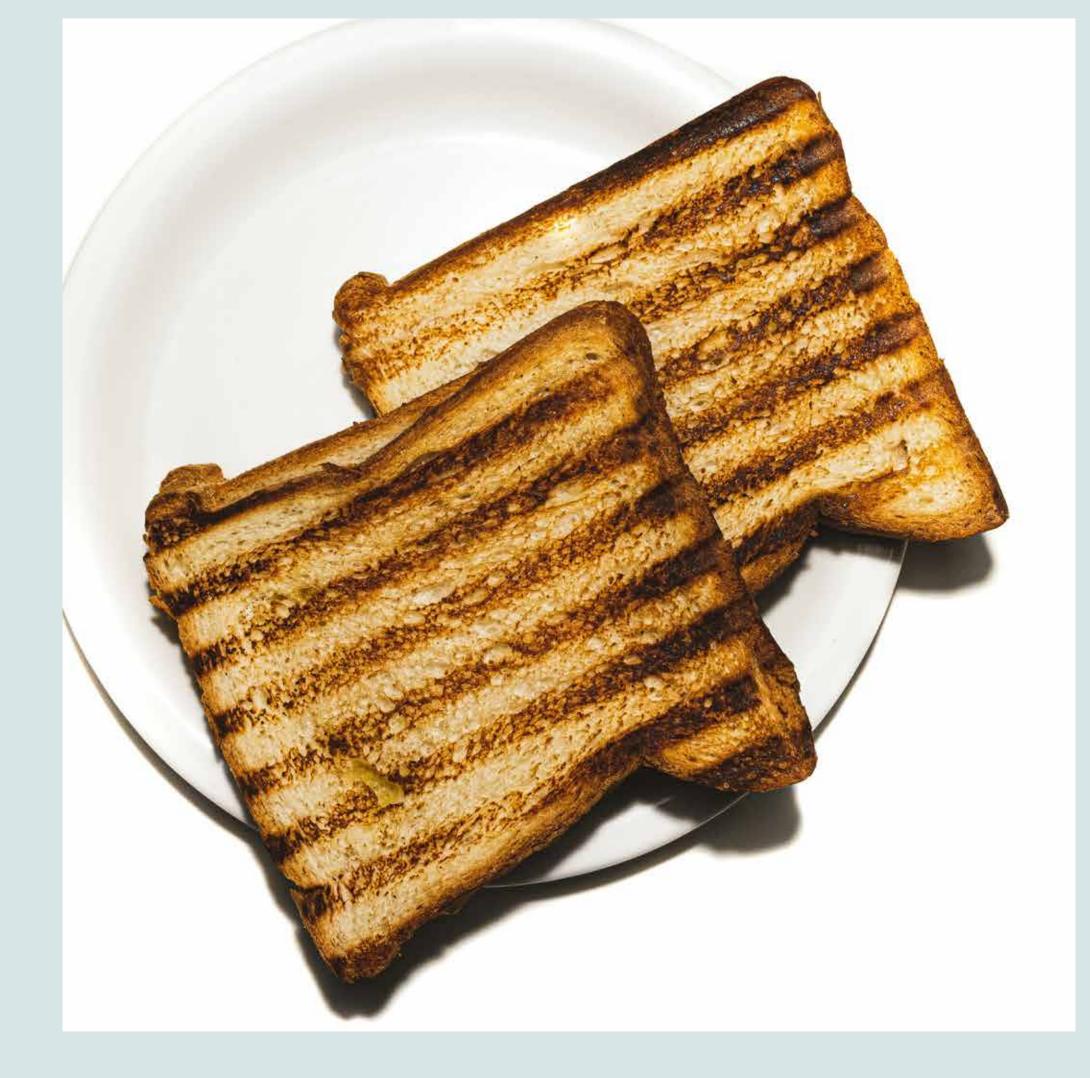
Caffeinated Beverages

Foods for Nausea: BRAT Diet:









Banana

Rice

Apples

Toast