

An Ounce of Prevention from a Gram of Antioxidants

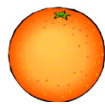
It's a fact.... that people tend to have more illnesses during the winter



months With limited exposure to fresh air when we stay indoors and are in closer contact with each other's germs, we get tend to get sick more easily. Children are especially susceptible to colds, flu, and other viruses as their immune systems are still developing. While the goal is to avoid these nasty bugs as much as possible, it makes sense to also boost our natural barriers to avoid getting sick once you are exposed. You can help your child follow the basic rules for staying healthy, through diligent hand washing, getting plenty of sleep, eating a healthy diet, and then giving them the extra ammunition they need to strengthen their immune systems and to stay healthy in the face of winter's ills.

Natural immune boosting tools are available from foods in the form of anti-oxidants. Antioxidants are the vitamins and phytochemicals found in breast milk, fruits, vegetables, whole grains, juices, nuts and seeds. If your child is no longer benefiting from the natural immunity provided by breast milk, then adding anti-oxidant rich juices and foods is important. Small amounts of antioxidants do big work. A one-year-old's daily requirement of the powerful antioxidant, Vitamin C, is 40 milligrams. Immune boosters, such as Vitamin C and Vitamin A, act in many ways to support the optimal function of the immune system.

Help your child get a bountiful amount of these immune boosting antioxidants:



1. **Vitamin C:** found in vitamin-enriched juices, fresh citrus and citrus juices, broccoli, potatoes and sweet peppers. Earth's Best® provides a wide variety of Vitamin C rich foods including:

- [juices](#)
- [fruits](#)
- [antioxidant blends](#)

2. **Vitamin E:** The antioxidant properties of Vitamin E help support the immune cells that produce antibodies and help fight bacteria. Vitamin E is especially rich in vegetable oils such as olive oil, nuts, seeds and wheat germ.



[Earth's Best Infant Cereals](#) provide a good source of Vitamin E

as well as other immune boosting nutrients. The iron in Earth's Best cereals is critical to children's brain and nervous system development well into the second year of life. Try keeping it appealing even as they get older by making it thicker and adding such things as raisins or applesauce, or top with a bit of honey (after the age of one).

3. **Beta-carotene**: This antioxidant is located in deep yellow and orange fruits and vegetables such as apricots, mangos, carrots, sweet potatoes. The body converts beta-carotene to Vitamin A, which itself has immune-boosting functions. Fill your child up with colorful foods such as [Earth's Best Carrots](#), [Sweet Potatoes](#), or the [Sweet Potato and Apricot Antioxidant blend](#).