

THE BEST FOODS & DRINKS

— FOR THE FLU —

Battling the flu and just want to feel better? You have to eat to maintain your strength. Here are the best foods and drinks for flu symptoms. Eat up, drink up, and get well soon!



FLU FEEL BETTER HACK

Tired of the annoying tickle in your throat from postnasal drip? A warm salt water gargle and rinse may help. In an 8-ounce glass of warm water, mix in ½ teaspoon of salt. Swish and gargle until you empty the glass. Don't swallow the mixture!