



EVERY DAY BEGINS WITH A SIP.
Sip Smarter.



Want to Fight off Cold and Flu Season? See how Introducing 100% Juice in Your Diet Can Help

As we head deeper into cold and flu season, everyone is aware this year is unlike any other. COVID-19 presents a heightened risk to families, friends, and co-workers. Keeping your immune system strong while maintaining good health is essential for combatting illness. Eating a healthy diet high in supportive nutrients is one way to stave off colds, but it's not just food that's important; beverages can help too. Here registered dietitian Diane Welland, explains how nutrients found in 100% juice can boost the immune system and promote health and wellness.

[View the Fact Sheet](#)



Staying Healthy is More than Eating and Drinking right

While the foods we eat and beverages we drink, like 100% fruit juice, are incredibly important to health, wellness, and a strong immune system, there are other factors that we should be aware of. Immune systems work best when you get enough sleep, exercise regularly, and manage stress. Your clients should be aware of all these factors and how they work together to keep them healthy.

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Cold and Flu Recovery Tips

There is plenty of misinformation around already about COVID, but the myths that exist around the common cold and flu viruses should be squashed too. Explore this myth busting fact sheet along with a handful of included recipes packed with the vitamins and nutrients found in 100% fruit juice necessary to fight off viruses of all kind.

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The Vitamins and Minerals found in 100% Fruit Juice

From Vitamin C to Vitamin A, folate to potassium, 100% fruit juice is packed with vitamins and minerals that are known for helping the immune system get you back on your feet and feeling better quickly. Read more about these nutrients and the different fruit juices they can be found in.

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