

12 SUPER FOODS FOR WINTER SEASON



Root Vegetables

Carrots boost the immune system; beets are high in fiber.



Citrus Fruits

Oranges and grapefruits are rich in vitamin C to fight winter illnesses.



Oatmeal

Warm, satisfying, and fiber-rich for breakfast.



Winter Squash

High in vitamins A and C, plus fiber and potassium..



Nuts

Almonds (vitamin E) and walnuts (omega-3) for heart health.



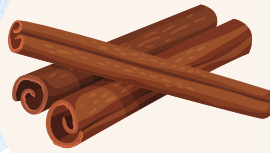
Dark Leafy Greens

Packed with vitamins and minerals for overall well-being.



Ginger

Anti-inflammatory, warming, and immune-boosting.



Cinnamon

Adds cozy flavor, regulates blood sugar, and provides antioxidants.



Garlic

Has antimicrobial properties to support immunity.



Broccoli

Rich in vitamins C, K, and A for immune health.



Pomegranates

Burst of flavor and antioxidants for protection against oxidative stress.



Dark Chocolate

Delicious and high in antioxidants for heart health.