

TOP 10 FOODS FOR COLD AND COUGH



Ginger

Helps relieve symptoms and boost the immune system



Chicken Soup

Soothes, hydrates, and eases congestion



Garlic

Fights off illness and reduces inflammation



Citrus Fruits

Rich in vitamin C and antioxidants for immunity



Honey

Soothes sore throat and boosts the immune system



Leafy Greens

Packed with vitamins and antioxidants



Yogurt

Probiotics support a healthy immune system



Oatmeal

High fiber and comforting relief



Nuts and Seeds

Rich in nutrients for immune support



Turmeric and Cinnamon

Anti-inflammatory properties to alleviate symptoms