



Chicken soup

Yes, it tastes like Mama's love—but chicken soup also has been found to have anti-inflammatory properties and may help calm irritated nasal passages and airways. Plus, its saltiness encourages you to drink more fluids and stay hydrated.

*AND SHOULD YOU STARVE A FEVER?

Nope. Going hungry has never been shown to help lower your temperature or fight infection, says Rachel C. Vreeman, M.D., director of research at the Indiana University Center for Global Health. "Food gives your body the energy and nutrients it needs to heal," she says.

HOW TO FEED A COLD*

Your nose is nonfunctional and your taste buds are on the fritz, so it's no wonder you don't feel like eating—or you reach for unhealthy "I want comfort" fare. "What you really need are foods rich in vitamins and minerals, not high in processed carbs and fat," says Sezelle Gereau Haddon, M.D., an integrative ear, nose, and throat specialist with the Center for Health and Healing at Mount Sinai Beth Israel in New York. Move these superfoods to the top of your get-well grocery list.

BY BARBARA BRODY PHOTOGRAPHED BY PATRICIA HEAL

Vegetable juice

Pop open some vegetable juice (in green or the usual tomato flavor). It's an easy way to get nutrients when you don't feel like eating.

Frozen grapes

If your throat feels as if it has a million paper cuts, opt for something icy to numb it. "Frozen grapes are refreshing, cooling, and a good source of vitamin C," a nutrient that helps immune cells stay strong, says Joan Salge Blake, R.D.N., a clinical associate professor at Boston University.

Sweet potatoes

"They're rich in vitamin A, which works with your immune system to create white blood cells that fight pathogens," says Salge Blake. Just roast or microwave a potato and dress it up a little—consider pumpkin or sesame seeds, or Parmesan cheese and greens.

Hot green tea

Anything warm can help relieve stuffy noses and sore throats, and green tea does extra: Its nutrients can keep viruses from infiltrating cells, as well as help fight respiratory tract infections.

Mushrooms

Shiitake, maitake, and cremini (baby bella) varieties are loaded with molecules called beta-glucans. Research has shown these to have antiviral and antibacterial properties, says Chris D'Adamo, Ph.D., at the Center for Integrative Medicine at the University of Maryland School of Medicine. Maitake also have huge amounts of vitamin D, an important immune-system nutrient.

Yogurt or kefir

The good bacteria (probiotics) in these can give your immunity a powerful leg up. In fact, in one study, when people with colds took probiotic supplements, they recovered faster than those on a placebo and said their symptoms were 34% less severe. Check labels for products that contain *Lactobacillus* and *Bifidobacterium* (also called *Bifidus*) strains.

Honey

Add it to your tea if you have a cough. Honey coats your throat and can diminish that hacking reflex, says Lawrence J. Cohen, a professor of pharmacotherapy at the University of North Texas System College of Pharmacy.