

Get Smart About the Cold and Flu

Myth 1:

Do you feed a cold or starve a fever?

Neither. A fever is unrelated to food intake. Consume liquids, like Florida Orange Juice for rehydration and a bonus source of Vitamin C.¹



Myth 2:

Can being cold, cause a cold?

No. The common cold is caused by a virus.²



Myth 3:

Can a cold turn into the flu?

No. Different viruses cause a cold or the flu. However, sometimes the symptoms of each illness can be the same.³

Myth 4:

Can I eat dairy when sick?



While dairy cannot cause mucus, it may make existing mucus thicker.⁴



Myth 5:

Should I cover my mouth when I sneeze?

Yes. Cover your nose and mouth and wash your hands to avoid transferring germs to other surfaces.⁵



Myth 6:

Does wet hair make you sick?

No. The common cold and the flu are caused by viruses.⁶

Myth 7:

Can I sweat out a cold during a workout?

No. Working out may help support a healthier self, but it can not cure a cold.⁷



3 Ways Florida OJ is Your Wellness Sidekick

1

The Year-Round Support System

Assisting your immune system with vital nutrients is important all year, not just during cold and flu season. Starting the day with a glass of Florida Orange Juice is a great way to power your immune system with vital nutrients. **One 8-ounce glass of OJ provides 100% of your recommended Daily Value, making orange juice an excellent source of vitamin C.** Vitamin C supports our immune systems by protecting cells and promoting the production and function of immune cells.

2

The Vital Nutrients Powerhouse

Your immune system needs all the support it can get during cold and flu season. **By drinking an 8-ounce serving of 100% orange juice, you're fueling your body with important nutrients your body needs** like vitamin C, vitamin D (in fortified juices), potassium, folate, and thiamin. All of these nutrients work together to support your immune system so it can fight off bacteria and viruses. Vitamin C's role as an antioxidant may aid in reducing oxidative stress to support immune function.

3

The Ultimate Hydration Companion

Staying hydrated, especially during cold and flu season, is important for your immune system and overall health. Drinking 100% orange juice daily helps with hydration. **Not only is OJ naturally comprised of 90% water, it also contains several electrolytes**—potassium, calcium (in fortified juices), and magnesium (in smaller amounts)—to aid in fluid balance.

For more information on the nutritional benefits of Florida Orange Juice, visit FloridaJuice.com.



**The Original
Wellness Drink.™**

1. <http://health.usnews.com/health-news/health-wellness/slideshows/10-cold-and-flu-myths-debunked/slide=4>
2. <http://health.usnews.com/health-news/health-wellness/slideshows/10-cold-and-flu-myths-debunked/slide=5>
3. <http://health.usnews.com/health-news/health-wellness/slideshows/10-cold-and-flu-myths-debunked/slide=2>
4. <http://health.usnews.com/health-news/health-wellness/slideshows/10-cold-and-flu-myths-debunked/slide=8>

5. <http://health.usnews.com/health-news/health-wellness/slideshows/10-cold-and-flu-myths-debunked/slide=11>
6. <http://health.usnews.com/health-news/health-wellness/slideshows/10-cold-and-flu-myths-debunked/slide=6>
7. <http://health.usnews.com/health-news/health-wellness/slideshows/10-cold-and-flu-myths-debunked/slide=10>