

Good nutrition is always in season

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It's no secret that cold and flu season peaks in winter. And if you're looking for ways to stay well, one priority, say experts, is simple: Follow a wholesome diet, just as you should any time of year. But that can be a tall order during the busy holiday season, when hectic social schedules and family commitments often interfere with regular meals.

To read the full article [Good nutrition is always in season](#), click here.