

NUTRITION & YOUR IMMUNE SYSTEM

- Eating the right foods can support immune cell function
- Getting your nutrients from food is the best way
- Excess supplementation of vitamins/minerals is not recommended unless directed by your physician
- You have trillions of cells working in your body to keep you healthy

BE SURE TO EAT A VARIETY OF VEGETABLES, FRUITS, WHOLE GRAINS AND HEALTHY PROTEINS FOR GENERAL HEALTH

Immune-supporting nutrients include:

VITAMIN C

citrus fruits, berries, watermelon, kiwi, mango, pineapple, papaya, tomatoes, leafy greens, bell peppers, broccoli, brussels sprouts, cauliflower, sweet potatoes, white potatoes, winter squash

VITAMIN E

avocado, sunflower seeds, pumpkin, nuts, leafy greens, broccoli, wheat germ, mango, tomato, asparagus, red bell pepper

ZINC

oysters, poultry, shellfish, fortified cereals, beans/legumes, nuts, seeds, whole grains

VITAMIN B6

chicken, salmon, tuna, dark leafy greens, chick peas, bananas, papayas, oranges, cantaloupe

VITAMIN A

salmon, carrots, sweet potatoes, pumpkin, squash, papayas, apricot, mango, cantaloupe, leafy greens, broccoli, watermelon, guava, pink grapefruit, egg, red and orange bell pepper, tomatoes

SULFURIC COMPOUNDS

garlic, brussels sprouts, cabbage, chives, kale, leeks, onions, shallots

WATER

- Water is needed daily to replenish fluid losses, which occur regularly
- Our bodies are about 60% water, and every cell uses it in different ways
- Water is involved in digestion, circulation, muscle maintenance, creation of saliva, transportation of nutrients, lubrication of joints and maintenance of body temperature

Sources: <https://medlineplus.gov>, <https://www.health.harvard.edu>, <https://health.clevelandclinic.org>

