

NUTRI-MUNNITY!!



Pile on these nutrient-rich foods to give your immune system all the fighting power it needs to keep you protected from harmful germs. Aim for five to seven servings of vegetables and fruits daily to get a healthy dose of vitamins, minerals and antioxidants.

1 BETA CAROTENE

Found in plant foods like sweet potatoes, spinach, carrots, mango, broccoli and tomatoes

2 VITAMIN C

Foods rich in Vitamin C include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli

3 VITAMIN D

Vitamin D is found in fatty fish and eggs as well as milk and 100% juices that are fortified with Vitamin D

4 ZINC

Zinc is better absorbed from animal sources such as beef and seafood but can also be found in wheat germ, beans, nuts and tofu.

5 PROBIOTICS

Probiotics are "good" bacteria that promote health and they can be found in dairy products such as yogurt and in fermented foods such as kimchi.

6 PROTEIN

Protein can be found in both animal and plant-based foods like milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

7 OTHER IMMUNE SUPPORTING TIPS

Keep Your Focus!

A balanced eating plan, adequate sleep, and stress management are vital for a strong immune system.

8 WHAT ABOUT HERBALS?

Many herbal remedies are marketed to help fight colds but check with your Dr. before taking any supplements or medications.