

# Boosting Your Immune System Through Nutrition

## Fruits and Vegetables:

- High in vitamin C, other antioxidants (such as A and E) and fiber
  - Citrus fruits—oranges, tangerines, grapefruit, lemon, lime...
  - Berries—blueberries, strawberries, raspberries...
  - Papaya
  - Kiwi
  - Red bell peppers
  - Broccoli
  - Spinach



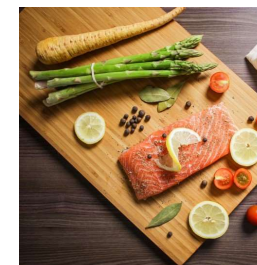
## Herbs and Spices:

- Help in fighting off viruses, infections and inflammation
  - Garlic
  - Ginger
  - Turmeric
  - Cinnamon



## Zinc:

- Can help the immune system fight off bacteria and viruses
  - Shellfish
  - Meat
  - Nuts and seeds
  - Legumes
  - Eggs



## Healthy Fats:

- Powerful antioxidants (such as A and E) are fat soluble so need a healthy fat available for absorption
  - Almonds
  - Sunflower seeds
  - Avocado
  - Olive oil



## Probiotics:

- Healthy bacteria that stimulate the immune system
  - Yogurt
  - Kombucha
  - Tempeh, Miso, other fermented soybean products



## Tea:

- Both green and black tea are packed with flavonoids (a type of antioxidant)
- Green tea has EGCG, another powerful antioxidant that has shown to enhance the immune function

