

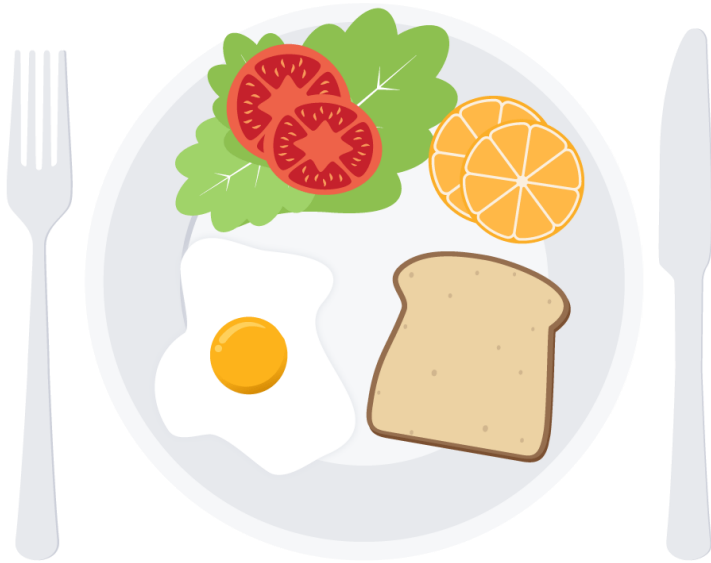


Immune Boosting Foods

Thea Boatswain



What is the immune system?



The immune system is a complex network of cells and proteins that defends **the** body against infection. **The immune system** keeps a record of every germ (microbe) it has ever defeated so it can recognise and destroy **the** microbe quickly if it enters **the** body again.

As we age some of us make fewer cells that are able to fight off germs. The ones that we do make take longer to send signals to each other. So not only are we more susceptible to getting sick we may be sicker for longer.

Nutrients for Immunity

- Vitamin C
- Zinc
- Vitamin D
- Elderberry
- Vitamin E
- Iron





CITRUS FRUITS



VEGETABLES



TURMERIC



PINEAPPLE



GINGER



PUMPKIN SEEDS

TOP 10 IMMUNE BOOSTING FOODS



GARLIC



BERRIES



YOGHURT



WHEATGRASS

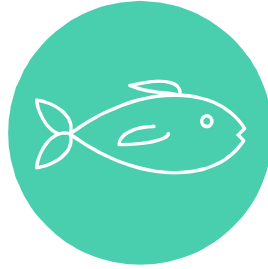


Foods for Immunity



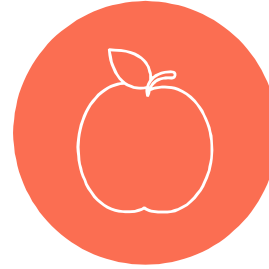
Vitamin C

Leafy green vegetables like spinach and kale, bell peppers, brussels sprouts, strawberries and papaya



Iron

Lean poultry such as and seafood, beans, broccoli and kale.



Vitamin E

Almonds, peanuts, hazelnuts and sunflower seeds, spinach and broccoli.



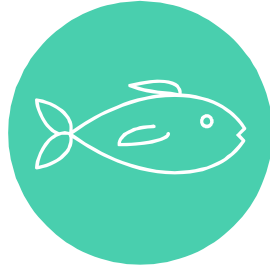
Vitamin D

Fatty Fish (salmon, mackerel, tuna and sardines) and fortified foods such as milk, orange juice and cereals



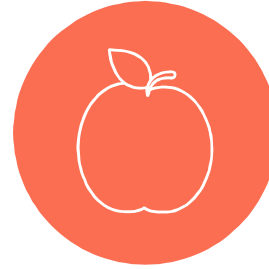
Selenium

Garlic, broccoli, sardines, tuna, brazil nuts and barley.



Zinc

Oysters, crab, lean meats and poultry, baked beans (skip the kind with added sugar), yogurt and chickpeas.



Other Antioxidants

cantaloupe, papaya, apples, berries, sweet potato, asparagus, onions, garlic, beets, red/ yellow spices



Echinacea

This is a herb that people tend to take to prevent or treat colds although many studies have failed to find a positive correlation

A Day of Immunity

Breakfast: Strawberries, Milk w/ cereal, OJ

Snack: a handful of nuts

Lunch: Tuna fish sandwich w/ a salad

Snack: Mango yogurt

Dinner: Chicken and rice w/ spinach

