

Nutrition and Immunity

Nutrition can help support your immune system, but it can't "boost" it

An immune-supporting diet doesn't look that different than a basic healthful diet

If you can't get what you need through diet, consider supplements

Nutrients that support your immune system:



PROTEIN helps build antibodies and immune system cells; plays an important role in healing and recovery. Sources: Eggs, milk, yogurt, fish, lean meats, chicken, turkey, beans, soy products and nuts and seeds



VITAMIN C helps build healthy skin; protect cells from damage due to its role as an antioxidant. Sources: Citrus fruits (oranges, grapefruits, tangerines), strawberries, papaya, bell peppers and Brussels sprouts



VITAMIN A keeps the skin, tissues in stomach and intestines, and the respiratory system healthy; helps regulate the immune system. Sources: Colorful foods like carrots, sweet potatoes, broccoli, spinach, pumpkin, squash and cantaloupe



VITAMIN E protects immune cells from damage due to its role as an antioxidant. Sources: Almonds, sunflower seeds, peanut butter, vegetable oil, spinach and broccoli



VITAMIN D helps with properly regulating immune cell function. Sources: Fortified foods (milk, cereal, orange juice), fatty fish (salmon, mackerel, tuna) and sunshine



ZINC supports creation of new immune cells, which contributes to the body's ability to heal from wounds. Sources: Lean meats, chicken, turkey, crab, oysters, milk, whole grains and seeds

Prioritize sleep

Manage stress

Stay active

