



# Eating Tips for Immune Health

The immune system is a network of cells, tissues, and organs working together to defend against germs. It helps your body to reorganize and fight these “foreign” invaders. Your daily lifestyle choices impact your immune health. A healthy immune system requires regular nourishment and can have a difficult time functioning at its best without the nutrients it needs.

## TIPS FOR A HEALTHY IMMUNE SYSTEM

- + **EAT REGULARLY** throughout the day and avoid skipping meals.
- + **ENJOY A WIDE VARIETY** of vegetables and fruits, as these are high in immune supporting vitamins and minerals.
- + **DRINK WATER** regularly throughout the day.
- + **AVOID HIGH FAT MEALS** as they put extra stress on the body.
- + **EAT REAL FOODS** rather than supplements as real food offers more health benefits such as essential fiber, antioxidants, and other micronutrients which aid in absorption of the nutrients we consume.

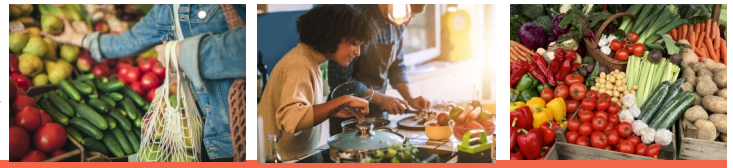
### *Quick Health Tip!*

Avoid overcooking your veggies as this can decrease the amount of nutrients. Your best bet is soft, but with a bite.

Manufacturers freeze frozen vegetables and fruits at “peak” ripeness, which means they pack similar nutritional value as their fresh counterparts. Choose plain frozen foods rather than those with added sugars or sodium.

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Contact us with questions or if you would like to schedule an appointment.



# Foods to Support Immunity

Looking for healthy food ideas to add to your routine?

To maximize the amount of nutrients you take in each day, consider incorporating these nutrient-rich foods while adding variety to your diet.

**VITAMIN C** is well known for supporting the immune system. One of its specific roles is to stimulate the formulation of antibodies which fight off toxins in the body.

- + Grapefruit
- + Strawberries
- + Broccoli
- + Oranges
- + Tangerines
- + Papaya
- + Kale
- + Cauliflower
- + Red bell pepper
- + Tomatoes
- + Kiwi
- + Cantaloupe

**VITAMIN E** is an antioxidant that can help fend off infection.

- + Almonds
- + Sunflower seeds
- + Broccoli
- + Hazelnuts
- + Peanuts
- + Spinach

**VITAMIN B6** is important for the production of cells responsible for immunity.

- + Chickpeas
- + Carrots
- + Spinach
- + Green vegetables
- + Salmon
- + Potatoes

**VITAMIN A** is an antioxidant that the body makes from carotenoids, which gives plants their color. It helps regulate the immune system and protects against infections.

- + Carrots
- + Pumpkin
- + Squash
- + Sweet potatoes
- + Cantaloupe
- + Black-eyed peas

**ZINC** appears to support the immune system by helping control inflammation.

- + Chickpeas
- + Shellfish
- + Pumpkin seeds
- + Lentils
- + Hemp seeds
- + Cashews

*Remember!* Eating whole foods is preferred over taking supplements, as whole foods are complex and contain a variety of micronutrients, essential fiber and antioxidants.

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