



# SUPPORT YOUR IMMUNE SYSTEM THROUGH A VARIETY OF NUTRIENTS

## BETA CAROTENE

Beta Carotene converts to vitamin A. Vitamin A supports development of white blood cells that help regulate the immune system to provide protection against infection.

**Food Sources Include:** Sweet potatoes, spinach, carrots, mangoes, broccoli, tomatoes, cantaloupe, winter squash, pumpkins and apricots.

## ZINC

Zinc is a trace mineral that supports proper development and function of our immune system.

**Food Sources Include:** Red meat (beef), pork, lamb, dark chicken, shellfish, legumes, dairy, whole grains, nuts and seeds.

## VITAMIN C

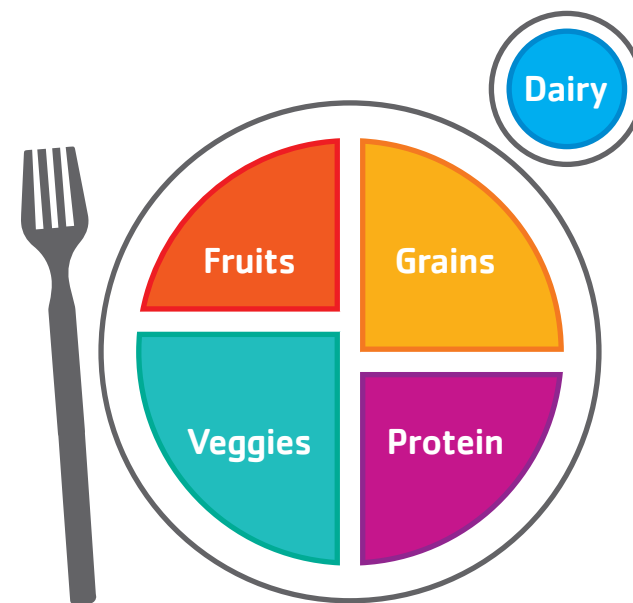
Vitamin C is an immune booster due to its antioxidant properties. It helps scavenge free radicals & fights infection or illness. It may reduce the symptoms and duration of a cold. It aids in growth, development & repair of body tissue needed for wound healing. It's a water-soluble vitamin, so our bodies can't store it... So try to replenish daily.

**Food Sources Include:** Citrus, tomatoes, broccoli, sweet potatoes, bell peppers, strawberries, blueberries, cantaloupe, watermelon, dark leafy greens, squash, pineapple and kiwi.

## VITAMIN D

Vitamin D fights off invading bacteria and viruses. Immune peptides trigger antimicrobial response to decrease vulnerability to infection.

**Food & Other Sources Include:** Fatty fish – salmon, tuna, mackerel and cod liver oil, beef liver, egg yolk, mushrooms grown in UV lights, vitamin D fortified foods like milk, cereals, 100% fruit juice, yogurt, cheese and soy beverages. You can also get your dose of vitamin D from sunlight! Try for 15 - 30 minutes without sunscreen... It converts to vitamin D in our body!



## PROTEIN

Protein supports healing and recovery. It aids the formation of antibodies in our blood to help protect against illness. Aim to include a variety of protein in your diet.

**Animal-Based Sources Include:** Milk, yogurt, cheese, eggs, beef, chicken and seafood.

**Plant-Based Sources Include:** Whole grains, nuts, nut butters, seeds and legumes.

**Sources Include:**

[www.eatright.org](http://www.eatright.org) and [www.healthline.com](http://www.healthline.com)