

WAYS TO BOOST YOUR IMMUNE SYSTEM

IMMUNE-SUPPORTING NUTRIENTS

Nutrients to include in our diet. The following nutrients play a role in the immune system and can be found in a variety of foods:

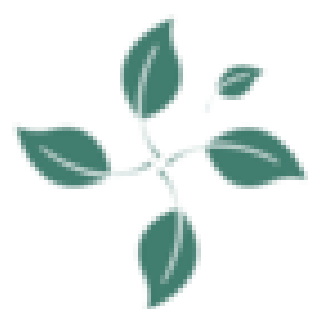
Vitamin C-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.

Vitamin D is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.

Zinc tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.

Beta Carotene is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.

Probiotics are “good” bacteria that promote health. Probiotics can be found in cultured dairy products such as yogurt and in fermented drinks such as kombucha and foods such as kimchi.



spbNutrition
simple | practical | balanced

