

# Eating To Boost Immunity

Written by:

Carlee Merix

222 Lake Drive

Newark, DE 19702

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## 17 super foods to boost your immune system

1. Leafy vegetables
2. Root Vegetables
3. Garlic,
4. Onions,
5. Ginger
6. Cayenne peppers
7. Squash and pumpkin
8. Apricots
9. Citrus fruits
10. Berries
11. Lentils
12. Green peas
13. Sprouts
14. Nuts and seeds
15. Curd and yogurt
16. Turmeric
17. Honey

## Immune Boosters to Help Keep you Healthy

- Vitamin A is good for your intestines and respiratory system and is found in carrots, sweet potatoes, spinach, broccoli, and red peppers
- Vitamin C helps form antibodies and is found in citrus fruits, strawberries, red bell pepper, and kiwi
- Vitamin E is an important antioxidant and can be consumed from vegetable oils, nuts, seeds, and avocado
- Zinc helps enzyme function and is included in beans, seeds, nuts, meat, poultry, and seafood
- Protein contains amino acids used in the function of illness fighting cells and can be found in meats, poultry, eggs, beans, nuts, and seeds





**Vitamins  
Minerals  
Antioxidants**

### 3 Ways You Can Use Food To Boost Your Immune System

- Eating the right amount of food to fuel your body. Overeating can lead to obesity which increases you're likelihood of infection.
- Limit the amount of fat in your diet. High amounts of unhealthy fat can make you more susceptible to infections. In addition, high fat diets can also negatively impact healthy gut bacteria needed by the immune system.
- Incorporate foods with vitamins, minerals, and antioxidants. Eat the rainbow! Having a diet full of various colorful fruits and vegetables will help increase the amount of vitamins, minerals, and antioxidants available to boost the immune system.

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