



Nutrients to Support Immunity

Immune health is impacted by many lifestyle factors, including physical activity, sleep, stress and eating patterns. While no one food or supplement can prevent illness, the following nutrients may support your immune system.

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.

AS YOUR TRUSTED HEALTHCARE PROVIDER, WE ARE HERE TO HELP.

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