

Immune Boosting Nutrients

As the weather gets colder, you can help protect yourself against common winter illnesses by including these nutrients in your meals.

Vitamin A

Vitamin A keeps your skin and tissues protected from infection.

Good Sources: Sweet Potatoes, Carrots, Eggs, Spinach

Vitamin C

Vitamin C boosts your immunity to help fight infection.

Good Sources: Oranges, Grapefruits, Red Bell Peppers

Vitamin E

Vitamin E enhances immune activity by acting as an antioxidant.

Good Sources: Almonds, Spinach, Peanut Butter, Sunflower Seeds

Zinc

Zinc keeps your immune system functioning and helps with wound healing.

Good Sources: Lean Meat, Poultry, Seafood