

IMMUNONUTRITION

Boosting Immunity through Diet



1. Eat more vegetables and fruits to get the essential vitamins, minerals, and fiber for regulation of body processes.



2. Eat a variety of foods every day to get the nutrients needed by the body.



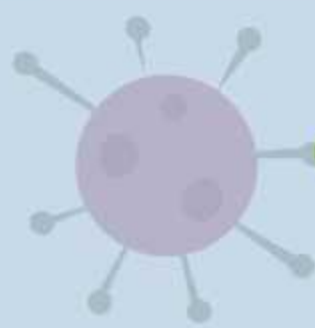
3. Drink lots of water and healthy beverages.

Nutrients that Supports the Immune System



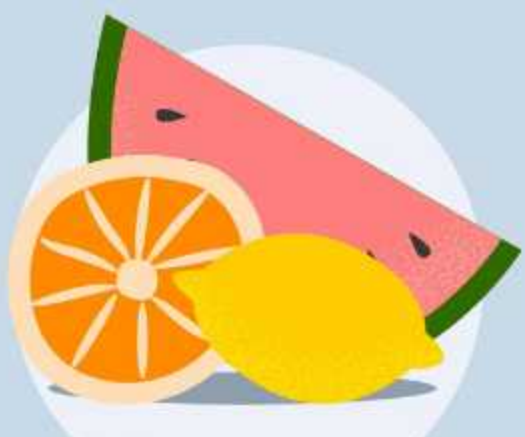
PROTEIN

Plays a role in the body's immune system, especially for healing and recovery.



Vitamin A

Helps regulate the immune system and protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy.



Vitamin C

Supports the immune system by stimulating the formation of antibodies.



Vitamin E

Works as an antioxidant and may support immune function.



Zinc

Helps the immune system work properly and may help wounds heal.

Other Nutrients

Vitamin B6, B12, copper, folate, selenium and iron also may support immune response and play a role in a healthful eating style.

