### **NUTRITION TIPS FOR**

# 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 C

Supports the immune system by stimulating the formation of antibodies.



#### Vitamin E

Vitamin A

Works as an antioxidant and may support immune function.

Helps regulate the immune system

and protect against infections by

keeping skin and tissues in the

mouth, stomach, intestines and

respiratory system healthy.



#### **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.

Sources