Boost your immune power by these food items.

Do the grocery items have the potential to boost our immune system? YES, some certain items can it. They are rich with Vitamin- A, C, D, E, B-6, zinc and antioxidants. Who are them? Let us meet, they are in our kitchen.

Turmeric

Turmeric is one of the easily available grocery things in India. Every day in our cuisine turmeric has a leading role. We use turmeric for a different purpose. It has been using to wash out the pesticides from the vegetable, to make the wonderful gourmet dishes, as well as turmeric, is the essential thing in beauty secret to make fair and clear skin. Do you know why Asians have been using turmeric this much from the ancient time? Because, turmeric is rich in Curcumin. Curcumin is one of the best antioxidants. Therefore it acts as an immune booster in our body. Curcumin gives the yellow colour in turmeric. And It prevents cancer cell from the body. In our many Ayurvedic medicines turmeric is the main content.

Ginger

Ginger is the sibling from the Turmeric family. Its mesmerizing aroma will addict everyone. The ginger we have been using as a vegetable as well as a medicine. Yes, we can call it as the vegetable doctor. Ginger contains a high level of antioxidant. This antioxidant helps to improve our immunity. Ginger is the best home remedy for Sore throat, Vomiting tendency, Fever, Digestion problem, Gas trouble issues etc... Therefore ginger is the inevitable medicine in every home.

Garlic

Garlic is an essential ingredient in worldwide cuisine. It is an incredible vegetable with pungent smell and taste. The smell's reason is sulfur. Garlic is an antibacterial and same time it is an antiviral. Therefore garlic can prevent us from many viral infection decease. Think about Bromstoker's Dracula novel. Peoples are afraid of Dracula but Dracula afraid of Garlic. Why? The vampire's saliva and the virus in that saliva. It’s all indicates the viral disease from the animals. Those viruses can kill by Garlic usage. Therefore use garlic for every day to avoid viral disease from our body.

Fruits with Vitamin C

Citrus fruits such as lemon, orange, mosambi(sweet lemon) and grapes are filled with Vitamin-C. Vitamin C, rising the production of white blood cells in our body. A good amount of white cells can shoot up the immune power. We have to add vitamin C in our daily food. As per the nutrition's words, an adult women body needs 75 mg Vitamin C per day and in adult men, it is 90 mg.

Papaya

Very common fruit in our state, so it is easy to available. Papaya is another fruit with Vitamin C. Papaya contain rich amount of folate, potassium and magnesium also. Therefore papaya improves our overall health and immune power. And papaya is good natural medicine for the silky skin.

Yoghurt

Yoghurt is an unavoidable ingredient in our authentic cuisine. We making lots of delicious curries with yoghurt such as Pulishery, Kalan, Kichady, Pachady, Moru etc... Do you know why our ancestor's added this much gourmet yoghurt dishes in our traditional Sadaya? Curd or Yoghurt contains Vitamin D. This vitamin D is one of the natural medicines to increase our immunity strength. Now the research shows Vitamin D is very helpful to protect our body from the COVID 19 Coronavirus. See how effective curd is. And also curd is very helpful for the digestion. So in this pandemic situation have to add Yoghurt in our daily meals.

Sunflower seed

Because of the rocketing price of coconut oil laymen has started to use sunflower oil instead of our traditional coconut oil. When we are using the sunflower oil in our daily cuisine nonetheless we are not that much friendly with the sunflower seeds. Sunflower seeds contain Vitamin E and B6, magnesium, phosphorus, selenium. Therefore sunflower seeds keep our heart health as well as it boosts our immune. Can use the sunflower seeds to make the Salads, Omelettes, and Cookies etc… According to your creativity. But do not forget to break its shells.

Green Tea

We have lots of heard about the benefits of Green Tea. Its prevent cancer, it keeps a healthy heart and it is good to burn the body fat. Why this green tea became super-special than black tea? In tea leaves contains one of the strong antioxidant epigallocatechin gallates it called EGCG. When making a normal black tea the EGCG’s level reducing by boiling process. But green tea we never boil it, so the EGCG never evaporating from green tea. So when we use the green tea we get the full beneficiaries of the EGCG flavonoid

Almond

Almond is rich with Vitamin E. The Vitamin E can do the quick relief from the cold than the Vitamin C can do it. It is the best immune booster. And also Almond oil is good for the skin and hair. Vitamin E is a health protector, therefore have to eat the recommended amount of the almond every day.

Shellfish

When talking about shellfish such as Crab, Oyster, Lobster, Mussels these are very delicious food items, and also these shellfish's groups are an all-time favourite food for every non-veg foodies. Apart from its gourmet savour, when we come to its medicinal side can see, it has a good amount of zinc. Zinc helps the immune cells' proper functioning. But do not forget too much zinc is not good for the body.

Poultry

We are commonly using poultry items. But do we know? How much can eat it daily for the medicinal effect? The meat of chicken and turkey are rich with Vitamin B6. Vitamin B6 is a very important vitamin to keep our body healthy and strong, as well as vitamin B6, helping our body to produce new healthy red blood cells. Three-ounce meat is the recommended ratio that we can have it daily. The three-ounce of chicken or turkey gives the one-third of Vitamin B6. This is enough for our daily body function.

Red Capsicum

In continental cuisine, capsicum is an unavoidable vegetable. It is known as Capsicum or Bell pepper. It is coming in three shades Green, Red and Yellow. In three of these shades, red bell pepper contains fair amount Vitamin C than any citrus fruit. We early have mentioned about the benefits of the Vitamin C. The red bell pepper improve our immune power and it is very well for eyes and skin.

Broccoli

Broccoli not yet cannot set a place, on most of the dining tables in India. Because it is a continental vegetable, therefore broccoli’s price cannot afford the layman. But we know it is a super healthy vegetable. Broccoli is coming from the family of Cabbage and it is similar to look like cauliflower. But in the nutrients, broccoli is the King in this cabbage family. Broccoli contains a high amount of Vitamins and Minerals such as Vitamin-A, C, E, Fibre and many antioxidants. Therefore Broccoli improves our immune power, and it prevents our body from the cancer cells and it keeps a healthy heart. If we need to get these benefits eat raw broccoli or cook it every little bit as possible.

Spinach

We have lots of heard about that have to add leafy vegetables in our daily meal. Spinach is one of the best choices to add to our daily food menu. Spinach is rich in antioxidants, Vitamin C and Beta Carotene. Therefore when we eat the spinach we will get the real immune power to fight against the infectious diseases. And do not forget if we need to get the benefits do not cook it over. Cook it a little bit as possible like the broccoli.

Kiwi

When we hear the name Kiwi, first will come the Newzland's national bird kiwi. The kiwi fruit's fur texture has the resemblance of the kiwi bird's fur. That's why this fruit is called kiwi. Kiwi fruit's birth land is in eastern China. Yes, now most of the countries in the world have been turning their face from China, because of the Covid-19 coronavirus. But do not have to turn our face from their fruit kiwi. The reason, it is rich with essential nutrients that in our body daily need, as well as it has Potassium, Folate, Vitamin C and Vitamin K. Therefore it has the magic power to strengthen our immune. Now kiwi has been cultivating in India's Manipur.

Nowadays natural immune power is the essential thing. Natural immune power can prevent our body from the cold, flu, virus infection etc... While this apprehensive situation has to eat healthy food to prevent the COVID-19 coronavirus.

If you don't have these medicinal foods in your kitchen. Then order now through the nammudekada.in. Stay healthy in a safe zone and safe distance.

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