

# IMMUNE SUPPORT FOODS

## FOOD FIRST APPROACH



### VITAMIN C RICH FOODS:

Helps protect you from infection by stimulating the formation of antibodies and supporting immune function.

- Red Bell Pepper
- Oranges
- Grapefruit
- Kiwi
- Broccoli
- Strawberries
- Brussels Sprouts
- Tomato Juice
- Cantaloupe
- Cauliflower
- Potato
- Spinach
- Tangerines
- Lemons
- Limes

#### DID YOU KNOW?

Just ½ cup of red bell pepper has more Vitamin C (95mg) than 1 medium orange (70 mg).



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### BETA CAROTENE:

Beta Carotene is a carotenoid that has protective effects on the immune system.

- Sweet Potatoes
- Carrots
- Pumpkin
- Spinach
- Collards
- Kale
- Winter Squash
- Swiss Chard
- Butternut Squash
- Cantaloupe

#### DID YOU KNOW?

Beta Carotene is converted to Vitamin A in the liver.



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### ZINC RICH FOODS:

Zinc plays a role in many aspects of metabolism. It supports immune function, protein synthesis and wound healing.

- Oysters
- Beef, Chuck Roast
- Crab
- Beef Patty
- Lobster
- Pork Loin
- Baked Beans
- Chicken, dark meat
- Pumpkin Seeds
- Cashews
- Chickpeas
- Almonds
- Kidney Beans

#### DID YOU KNOW?

Pepitas are seeds from a hull-less pumpkin. Pepitas also provide protein and fiber. A serving at ¼ cup provides Calories: 180; Carbohydrate: 4g; Protein: 9g; Fat: 15g



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### GARLIC, GINGER and MUSHROOMS

Garlic: Helps to fight infections.

Ginger: Helps to decrease inflammation. Helps to decrease nausea.

- Garlic Cloves
- Ginger root

- Mushrooms

Mushrooms have various bioactive compounds, which have shown to include antiviral and antibacterial compounds.

#### DID YOU KNOW?

**Garlic** may also play a role in lowering blood pressure.

**Ginger** also plays a role in easing pain due to its anti-inflammatory properties.





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### PREBIOTIC & PROBIOTIC FOODS:

The key to a healthy microbiome is nourishing the different bacteria in the gut by what you eat. Prebiotics promote the growth of helpful bacteria in your gut. Probiotics improve gut health and immunity.

#### • **PREBIOTIC FOODS**

- Oats
- Asparagus
- Dandelion Greens
- Onions
- Garlic
- Apples
- Bananas
- Leeks
- Ground Flaxseed

#### • **PROBIOTIC FOODS**

- Yogurt
- Kefir
- Miso
- Fermented Soy Beans
- Tempeh
- Kimchi
- Sauerkraut
- Clearly Kombucha (MLB)

#### **SNACK SUGGESTION:**

Sliced Banana + Greek Yogurt + Cinnamon

Prebiotic = Banana

Probiotic = Plain Greek Yogurt

