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).
IMMUNE SUPPORT FOODS
FOOD FIRST APPROACH

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.

Michelle Riccardi, MS, MS, RD, CSSD
Team Performance Dietitian
IMMUNE SUPPORT FOODS
FOOD FIRST APPROACH

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
IMMUNE SUPPORT FOODS
FOOD FIRST APPROACH

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.
IMMUNE SUPPORT FOODS
FOOD FIRST APPROACH

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

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