

5 immune boosters to help keep you healthy.



***Disclaimer: obtaining these nutrients from foods is preferred, so be sure to speak with your healthcare provider and/or a registered dietitian nutritionist before taking any immune-boosting supplements.**

1. **Protein**

Protein plays a role in the body's immune system, especially for healing and recovery. Eat a variety of protein foods including seafood, lean meat, poultry, eggs, beans and peas, soy products and nuts and seeds.

2. **Vitamin A**

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. Get this immune-boosting vitamin from foods such as sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, eggs or foods fortified with vitamin A.

3. **Vitamin C**

Vitamin C helps protect you from infection by encouraging antibodies and boosting immunity. Include more sources of this healthy vitamin in your diet by consuming citrus fruits such as oranges, grapefruit and tangerines, or red bell pepper, papaya, strawberries, tomato or foods fortified with vitamin C.

4. **Vitamin E**

Vitamin E is an antioxidant that neutralizes free radicals and improves immune system function. Obtain adequate vitamin E in your diet with consumption of fortified cereals, sunflower seeds, almonds, vegetable oils, hazelnuts and peanut butter.

5. **Zinc**

Zinc helps the immune system work properly and assists with wound healing. Zinc food sources include lean meats, poultry, seafood, milk, whole grain products, beans, seeds and nuts.

