

Boost your immunity from

REAL FOODS



Are you looking for more vitamins and minerals to boost your immune health? Consider these food sources!

VITAMIN C

- ...is a natural antioxidant and anti-viral.
- ...can help protect your body from disease.

Foods high in vitamin C:

- Oranges
- Grapefruit
- Red and green peppers
- Broccoli
- Strawberries

MAGNESIUM

- ...is an important part of your body's immune response.
- ...helps protect cells from viral invasion.

Foods high in magnesium:

- Legumes
- Nuts
- Seeds
- Whole grains
- Green leafy vegetables

MULTIVITAMINS AND MINERALS

Fill your plate with whole foods to get all the vitamins, minerals, and other nutrients you need to boost your health!

DIETARY SUPPLEMENTS

...can be useful when you can't eat a well-balanced diet.

VITAMIN D

- ...can strengthen your immune system.
- ...can help reduce rates of respiratory infections.

Foods high in vitamin D:

- Fatty fish (such as trout, salmon, and tuna)
- Fortified milk
- Fortified plant-based milk alternatives
- Fortified breakfast cereals
- Some mushrooms

ZINC

- ...is an essential mineral for optimum immune function.
- ...can help fight off invading bacteria and viruses.

Foods high in zinc:

- Red meat
- Poultry
- Shellfish
- Beans
- Nuts