

NUTRI LEARN

Keep your immune system healthy and strong by including these key factors into your daily routine.



REST



EXERCISE



HYGIENE



DECREASE STRESS



HEALTHY BALANCED DIET



BOOSTING YOUR IMMUNE HEALTH

The immune system is the body's defense and protection against illnesses and infections. Even though you may not be able to prevent illness, a healthy immune system can give your body the extra protection and boost it needs when illness occurs. One of the key factors to keeping a healthy immune system is by eating a nutrient rich, balanced diet.

While there is no single food that can prevent or cure illness, a diet rich in nutrients like vitamins and minerals can help to keep you and your immune system healthy. A healthy diet may even help to reduce the length and symptoms of illness when you are feeling a little under the weather.

BELOW ARE SOME KEY NUTRIENTS THAT PLAY A ROLE IN YOUR IMMUNE SYSTEM HEALTH

Beta Carotene is a type of substance called a carotenoid that is used by your body to make vitamin A. It can be found in foods like sweet potatoes, spinach, mango, broccoli, carrots and tomatoes.

Vitamin C has always been linked towards boosting immune health and can be found in food like citrus fruits, tomatoes, bell peppers, broccoli, berries and melons.

Vitamin D is another important nutrient for a healthy immune system. It is found in fatty fish and eggs as well as fortified foods like milk and 100% juice.

Probiotics not only play an important role in gut health but, are also important for immune health. This "good" bacteria can be found in cultured dairy products like yogurt as well as fermented foods like sauerkraut and kimchi.

Protein is always linked to recovery and muscle building, but it also plays a vital role in supporting our immune system. Protein rich foods come from both animal and plant-based sources. This includes beef, poultry, seafood, nuts, seeds, beans, lentils, eggs, milk and yogurt.

Zinc helps to keep your immune system strong at the cellular level. It is found in both animal and plant-based foods as well. However, it tends to be better absorbed from animal sources. It can be found in shellfish, beef, pork and poultry as well as plant-based sources like beans, nuts, seeds and tofu.

Other foods like garlic, ginger and turmeric have also been proven to have anti-inflammatory properties according to the Academy of Nutrition and Dietetics.