GOOD NUTRITION IS ESSENTIAL FOR BUILDING A STRONG IMMUNE SYSTEM

While one specific food or vitamin cannot prevent illness, you can support your immune system by including a variety of nutrients as building blocks of a healthy diet.

**VITAMINS**
- Vitamin C is found in citrus fruits, but also, berries, melons, tomatoes, bell peppers and broccoli.
- Vitamin E is found in foods such as almonds, walnuts and sunflower seeds.
- Vitamin A is found in orange veggies such as sweet potatoes or carrots, but also spinach, apricots and eggs.

**MINERALS**
- Selenium is found in a Brazil nuts, seafood, lean meats and whole grains.
- Zinc is found in foods such as lean meats, shellfish and beans.
- Copper is found in dark chocolate, cashews and kale.

**PROBIOTICS**
- The “good” bacteria that promotes a healthy gut, can be found in fermented foods such as yogurt, kimchi, tempeh, and kombucha.

**TEXT BOOK TO TABLE** translating nutrition science onto the plate
Incorporate immune-supporting foods into delicious meals and snacks!

**RECIPIES FOR IMMUNE SUPPORT**

**Smoothie**
- 1 Cup Blueberries
- 1/4 Cup Walnut Pieces
- 1/4 Cup Spinach
- 1/2 cup Greek Yogurt
- 1 Cup Liquid of Choice
*green tea offers an immune boosting, energizing addition!

**Snack Trail Mix**
- 2 Tbsp. Almonds
- 2 Tbsp. Cashews
- 2 Tbsp. Walnuts
- 1/4 cup chopped apricots
- 1/4 cup dried pineapple

**Fruit:** Yogurt, Blueberries, Pumpkin Seeds on Top

**Drink:** Kombucha

**Plant Protein:** Black Beans

**Protein:** Chicken

**Carbohydrates:** Quinoa, Sweet Potato, Kale Saute

**Vegetables:** Roasted Bell Peppers, Tomatoes and Broccoli

**Fat:** Olive Oil