

eat with purpose | *immune support*

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 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.

RECIPES 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

TEXT BOOK TO TABLE *translating nutrition science onto the plate*

Incorporate immune-supporting foods into delicious meals and snacks!



Fruit:

Yogurt, Blueberries, Pumpkin Seeds on Top



Drink:

Kombucha

