

Boosting The Immune System Through Nutrition

To facilitate the optimal functioning of our immune systems, we must:

- (1) eat *enough* food to provide our immune systems with the energy to make immune cells, &
- (2) eat the *right* foods to supply the immune system with crucial vitamins, minerals & enzymes.

A diet rich in a variety of fruits & vegetables generally provides a sufficient amount of the vitamins & minerals necessary for a healthy immune system, such as vitamins C, D, B6, B12, folate, zinc, copper, iron, as well as essential amino and fatty acids. Fruits and vegetables provide the most nutrients when consumed raw.

Peppers and citrus fruits provide vitamin C. Blueberries contain antioxidants called flavonoids, along with vitamins C & A, potassium, dietary fiber and manganese. Green tea contains catechin. Mushrooms contain vitamin D, minerals and enzymes. Almonds, the most nutritional nut, contain vitamin E, zinc, selenium, copper, and niacin. Cruciferous vegetables (broccoli, kale, cabbage, brussels sprouts and bok choy) provide vitamins A, C and E, along with antioxidants and fiber.

Resources for Healthy Recipes

For the minimalist: [click here](#)



For the busy cook: [click here](#)



For organizers: [click here](#)



Vegan: [click here](#)



For slow cooker enthusiasts: [click here](#)



For us all: [click here](#)

