

SUPER FOODS TO PROMOTE STRONG IMMUNE SYSTEMS

Vitamin C Super Foods: Vitamin C is vital to your body's healing process.

As an antioxidant, vitamin C might help protect your cells against the effects of free radicals. Because your body doesn't produce vitamin C, you need to get it from what you eat. Foods rich in

Vitamin C are:



Citrus fruits: oranges, lemon, lime grapefruit

Tropical fruits: pineapple, mango, kiwi and guava

Berries: strawberries, raspberries, blueberries

Vegetables: broccoli, tomatoes, cauliflower & bell peppers



Zinc Super Foods: Is a nutrient found throughout your body, helps your immune system and metabolism function. Good food sources of **zinc** are

Legumes and Beans: lentils, chickpeas, hummus, baked beans

Nuts and Seeds: walnut, cashew, peanut, pine nut, pumpkin seed

Shellfish: shrimp, oysters, crab, lobster

Treat: Dark Chocolate



Vitamin D3: Research conducted over the past decade suggests that vitamin D plays a much broader disease-fighting role than once thought. Laboratory studies show that vitamin D can play a critical role in controlling infections. Good **vitamin D** food sources:

Fatty Fish: Salmon, Tuna, Swordfish

Mushrooms: When they are exposed to UV light only!

Fortified Foods & Supplement: Dairy products, Orange Juice and some cereals



Prebiotic and Probiotic Foods:

Prebiotics are specialized plant fibers. They act like fertilizers that stimulate the growth of healthy bacteria in the gut. Good prebiotic foods are all types of beans, asparagus, garlic, onions, bananas, oats, apples and flax.

Probiotics are different in that they contain live organisms, usually specific strains of bacteria that directly add to the population of healthy microbes in your gut. Probiotic rich foods are yogurts, fermented vegetables like sauerkraut, kimchi and kombucha.