



FOODS THAT BOOST THE IMMUNE SYSTEM



CITRUS FRUITS

Almost all citrus fruits are high in vitamin C which is thought to increase the production of white blood cells. These are key to fighting infections.



RED PEPPER

They contain twice as much vitamin C as citrus. They're also a rich source of beta carotene



BROCCOLI

Broccoli is supercharged with vitamins and minerals. Packed with vitamins A, C, E, as well as many other antioxidants and fiber, it is one of the healthiest vegetables you can put on your table.



GARLIC

Its immune-boosting properties seem to come from a heavy concentration of sulfur-containing compounds, such as allicin.



GINGER

This may help decrease inflammation, which can help reduce a sore throat and other inflammatory illnesses. Ginger may also help decrease nausea.



SPINACH

Spinach is not just rich in vitamin C. It's also packed with numerous antioxidants and beta carotene, which may increase the infection-fighting ability of our immune systems



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YOGURT

Yogurt is a great source of vitamin D. Vitamin D helps regulate the immune system and is thought to boost our body's natural defenses against diseases.



ALMONDS

Almonds contain vitamin E. Vitamin E is key to a healthy immune system.



POULTRY

Poultry, such as chicken and turkey, is high in vitamin B-6. Vitamin B-6 is vital to the formation of new and healthy red blood cells



TURMERIC

Turmeric is a bitter spice and medicinal herb that has an active ingredient, curcumin. Curcumin has powerful anti-inflammatory properties and is a very strong antioxidant.



PAPAYA

Papaya is another fruit loaded with vitamin C. Papayas have decent amounts of potassium, B vitamins and folate, all of which are beneficial to your overall health.



SUNFLOWER SEEDS

These are full of nutrients including phosphorous, magnesium and vitamin B-6. They're also incredibly high in vitamin E, a powerful antioxidant.