



EATING FOR IMMUNITY

One of the best ways we can support our hard working immune system and cells is by supercharging them with nutrients and energy. We can ensure our immune system gets the right nutrition by eating a 'wholefoods' diet, or a diet that is low in processed foods and high in foods that come in their most natural form.

WHOLE FOODS

- Fresh vegetables & fruit - aim for 5 serves of veg & 2 serves of fruit
- Raw nuts and seeds
- Whole grains
- Lentils, beans & chickpeas
- Meat, fish & seafood
- Eggs
- Yoghurt, milk, and cheese

TOP IMMUNE BOOSTING FOODS

Include more of these foods in your daily meals for enhanced immune strength and support.

- 1 **Garlic & onions** - high in antimicrobial, antiinflammatory, immune modulating compounds, as well as nurturing the health of our gut bacteria
- 2 **Yoghurt** - natural varieties (no added sugar) contain live bacteria that are beneficial for gut health and supporting a health immune system
- 3 **Kiwifruit** - one of the highest sources of vitamin C and seasonal in winter, plus they contain large amounts of healthy fiber for gut health and gut bacteria
- 4 **Eggs** - nature's original 'superfood', they are jammed packed with nutrients like vitamin A, zinc, iron, vitamin E, selenium, fatty acids, and some vitamin D
- 5 **Fish** - the best food source of the important essential fatty acid, omega-3, which regulates immune cell growth. Choose salmon, tuna, herring, mackerel for highest levels
- 6 **Ginger & turmeric** - are excellent antiinflammatory spices that not only add flavour to meals, but makes a soothing tea drink for treating sore throats and support immunity
- 7 **Nuts & seeds** - consider these your daily multi-vitamin! They contains an excellent range of immune supporting nutrients, plus fiber for our gut
- 8 **Green veggies** - another natural multi-vitamin, green veggies of all varieties should be a staple in every diet for optimal health of all body systems
- 9 **Red meat** - is high in essential immune nutrients like iron, zinc, and vitamin A. Meat forms of these nutrients are easier to absorb than plant forms
- 10 **Red & orange veggies** - these veggies provide carotenoids, a plant form of vitamin A and are helpful for supporting our barrier defense systems, e.g skin



NUTRIENTS FOR HEALTHY IMMUNE CELLS

VITAMIN C

Found in most fruit and vegetables, especially citrus fruits, kiwifruit, berries, broccoli, capsicum, kale

VITAMIN A

Red meat, milk, cheese, liver, eggs

CAROTENOIDS

Red and orange vegetables like sweet potato, pumpkin, carrots, tomatoes, capsicum

VITAMIN E

Nuts and seeds, avocado, eggs, butter, milk, sweet potato, vegetable oils (olive oil, grapeseed oil, avocado oil, etc.)

ESSENTIAL FATTY ACIDS

Oily fish like salmon, tuna and mackerel, walnuts, eggs, flaxseeds

ZINC

Red meat, seafood and fish, eggs, chicken, nuts and seeds, whole grains and legumes

IRON

Red meat, lentils, green leafy veggies, cashews, eggs, tofu

SELENIUM

Red meat, eggs, butter, brazil nuts, fish and seafood, wholegrains, garlic, onion

PROBIOTIC FOODS

Yoghurt, kim chi, sauerkraut, aged cheeses (brie, blue, aged cheddar), pickled vegetables, kombucha

VITAMIN D

Most of our vitamin D comes from sunshine. Smaller amounts are found in fish, eggs, milk, mushrooms