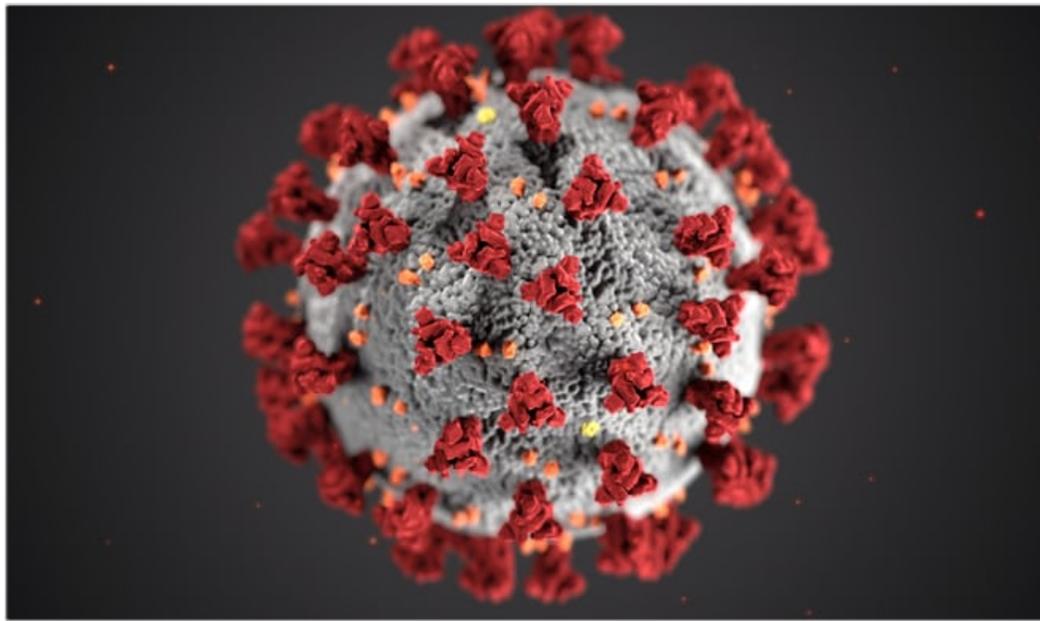


Boost Immunity

How you can protect your family from infections with diet



Eat immune-boosting foods

Kale, broccoli, berries, mushrooms



Eat anti-viral foods

Garlic, ginger, spices



Eat fiber foods

Legumes, whole grains, fruits and veggies feed healthy gut bacteria

Plant Foods Can Help Fight Viruses

A healthy diet, in addition to good hand washing and social distancing, is key to help your body fight a viral threat.

We can boost our immunity by eating a healthful diet that includes plenty of fruits and vegetables that contain phytonutrients. These are plant chemicals that protect our bodies from disease. Specific foods that make your immune system stronger include kale, broccoli, berries, kiwis, nutritional yeast and mushrooms.

1

HYDRATE WITH WATER

Drink plenty of water every day.

2

EXERCISE

Exercise reduces upper-respiratory infections.

3

REDUCE ADDED SUGAR

Added sugar lowers your immune system.

Fruit and vegetable consumption boosts immune function

Your body's greatest exposure to the outside world is through the lining of your intestines.

Keep your immune system functioning at peak performance with a healthy diet and lifestyle. While some people may be more vulnerable to viruses such as COVID-19, everyone can benefit from eating a healthy diet to strengthen their immune system. Fruits and vegetables, especially kale, broccoli, berries, kiwis and mushrooms, have been shown to improve immune function. Eating five or more servings of fruits and vegetables a day is ideal.

Your body's greatest exposure to the outside world is through the lining of your gut. Much of the immune system is located in your gut, so eating a high fiber diet is essential. Also, cruciferous vegetables like broccoli, kale, cauliflower and Brussels sprouts have nutrients that maintain the body's gut defense system.

Mushrooms, especially white button mushrooms, increase a type of cell in your body that fights viruses. The key is to eat them regularly.

Berries may boost your levels of natural killer cells, another important cell for fighting viruses and cancer. Lastly, vitamin C keeps your immune system at full strength, but it's better to get it through food than a pill.



Eat vitamin C rich foods like kiwis, tomatoes, bell peppers and citrus fruit.

“Keep your immune system functioning at peak performance with a healthy diet and lifestyle.” Dr. Greger

Regular exercise improves immune function and lowers risk of infection. Immune cells need to circulate everywhere in the body in order to fight off invaders, so getting your body moving is essential. A half-hour-a-day walk can significantly drop your risk of getting an upper-respiratory illness as even moderate exercise may boost the number of immune cells in your body.

TO REDUCE SPREAD OF COVID-19

- STAY HOME FROM WORK AND/OR SCHOOL IF YOU BECOME SICK WITH A FLU-LIKE ILLNESS (FEVER AND RESPIRATORY SYMPTOMS)
- Make sure you have a supply of your routine medicine, a thermometer so you can know if you develop a fever, and have extra nonperishable food at home
- Make plans now to have the support necessary if you need to stay home due to illness; reach out to family, friends, and neighbors to offer and receive support
- Wash your hands regularly with soap and water after being in public
- Avoid touching your eyes, nose and mouth with unwashed hands

