

# NUTRIENTS THAT SUPPORT A HEALTHY IMMUNE SYSTEM

Eat foods rich in these nutrients to help support your immune system.



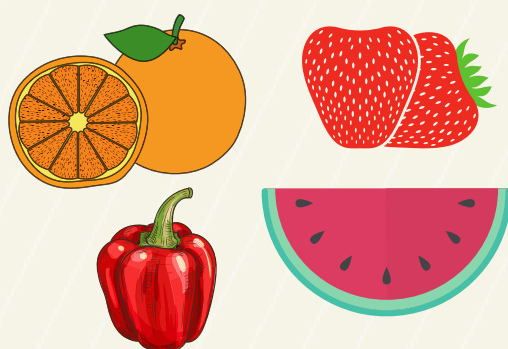
## BETA CAROTENE

Beta carotene, a form of Vitamin A, is found in orange, red, and dark green vegetables like carrots, broccoli, sweet potatoes, spinach.

You can also find the vitamin in eggs and fortified foods.

## VITAMIN C

Vitamin C is found in citrus fruits, red bell peppers, strawberries, tomatoes and melons.



**Depending on your age and calorie needs, aim for 1 to 2 cups of fruit and 2 to 3 cups of vegetables each day.**



## VITAMIN D

This vitamin is found in fish like salmon and tuna as well as eggs and fortified dairy foods, such as milk and yogurt. Aim for 2 to 3 cups of fortified dairy foods a day and 2 servings of fish per week.

## VITAMIN E

This vitamin is found in seeds, almonds and other nuts, nut butters, and avocados. Unless allergic, try adding an ounce of nuts in your diet daily.



## PROTEIN



Protein come from animals and plants. Animal sources include meat, poultry, fish, seafood, eggs and dairy. Nuts, seeds, beans and peas, and soy are sources of plant protein. The amount of protein needed depends on gender, age, and level of physical activity.

Other essential nutrients are folate, iron, selenium and zinc. Folate is found in leafy vegetables, beans, avocados and fortified foods. Iron is found in beef, spinach and fortified foods. Selenium sources include meat, fish, and Brazil nuts. Animal proteins, nuts, whole grains and legumes contain zinc.