
USING FOOD AND BEHAVIOR MODIFICATIONS TO PROMOTE A HEALTHY IMMUNE SYSTEM



Let's talk about....

- How diet impacts our health
- Nutrients of interest
- What foods to include
- Behaviors that impact our immune system

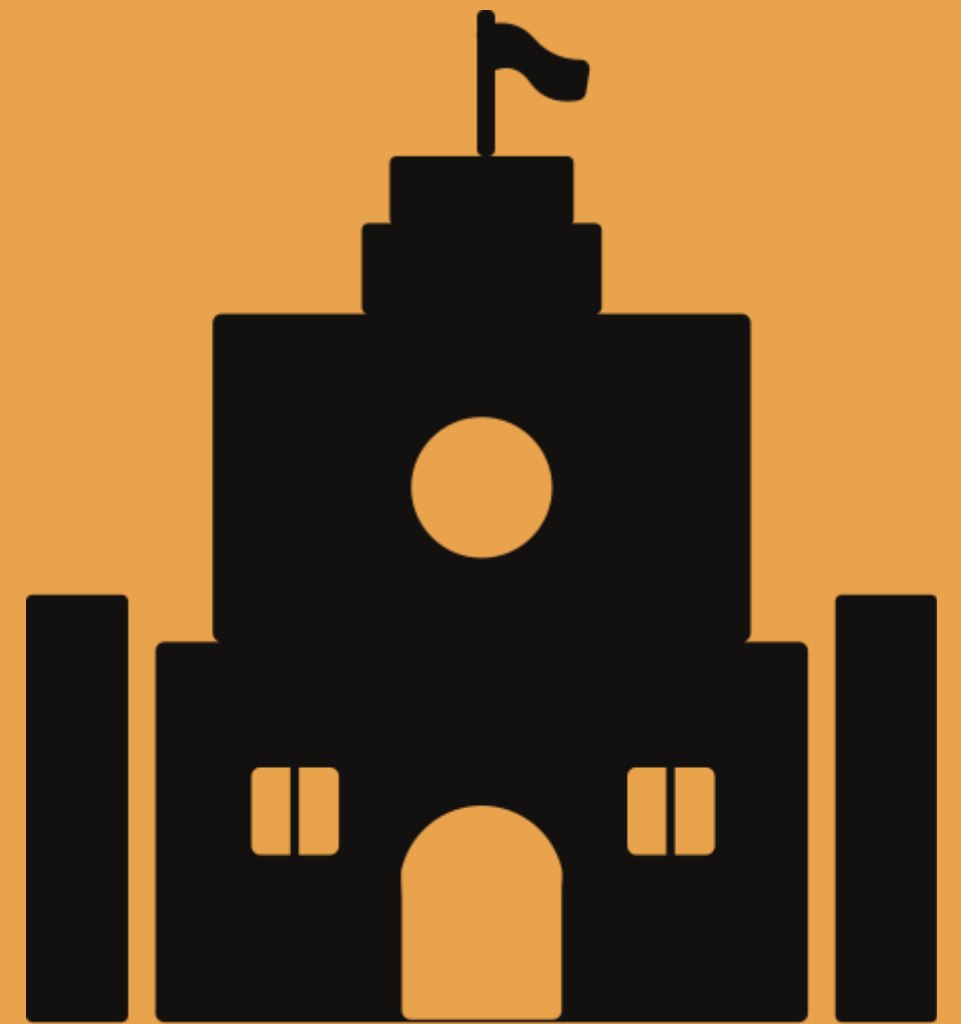


YOUR IMMUNE SYSTEM IS COMPLEX

Consist of different organs, blood vessels, cells and proteins.

Protects the body from bacteria, viruses and other things that can make us sick.

Always working (at some level).



CAN I *BOOST* MY IMMUNE SYSTEM?

As we age, our immune system may not work as well as it did when we were younger.

No specific super food or dietary supplement has been proven to boost immunity.



A POOR DIET CAN LEAD TO A WEAKER IMMUNE SYSTEM

Diets high in added sugars may slow down the parts of our immune system that attack bacteria and other invaders.

A diet low in antioxidants and other nutrients may make a person more susceptible to bacteria and viruses (such as a cold).

HOW CAN I KEEP MY IMMUNE SYSTEM AS STRONG AS POSSIBLE?



**Choose nutrient dense foods
and avoid foods with little
nutritional value**



**Adopt healthy
behaviors**

CHOOSE FOODS THAT ARE RICH IN THESE NUTRIENTS

Beta carotene

Vitamin C

Vitamin D

Vitamin E

Protein

Other important nutrients



BETA CAROTENE

- **Beta-carotene is a form of vitamin A**
- **Functions as an antioxidant.**

Food are rich in beta-carotene:

- **Fruits and vegetables that are orange, red, and dark green**
- **Eggs and fortified foods**



VITAMIN C

- **Functions as an antioxidant**
- **Fights free radicals in the body**
- **Plays a role in wound healing**

Choose citrus fruits, strawberries, broccoli, kiwi, tomatoes, melons and red bell peppers



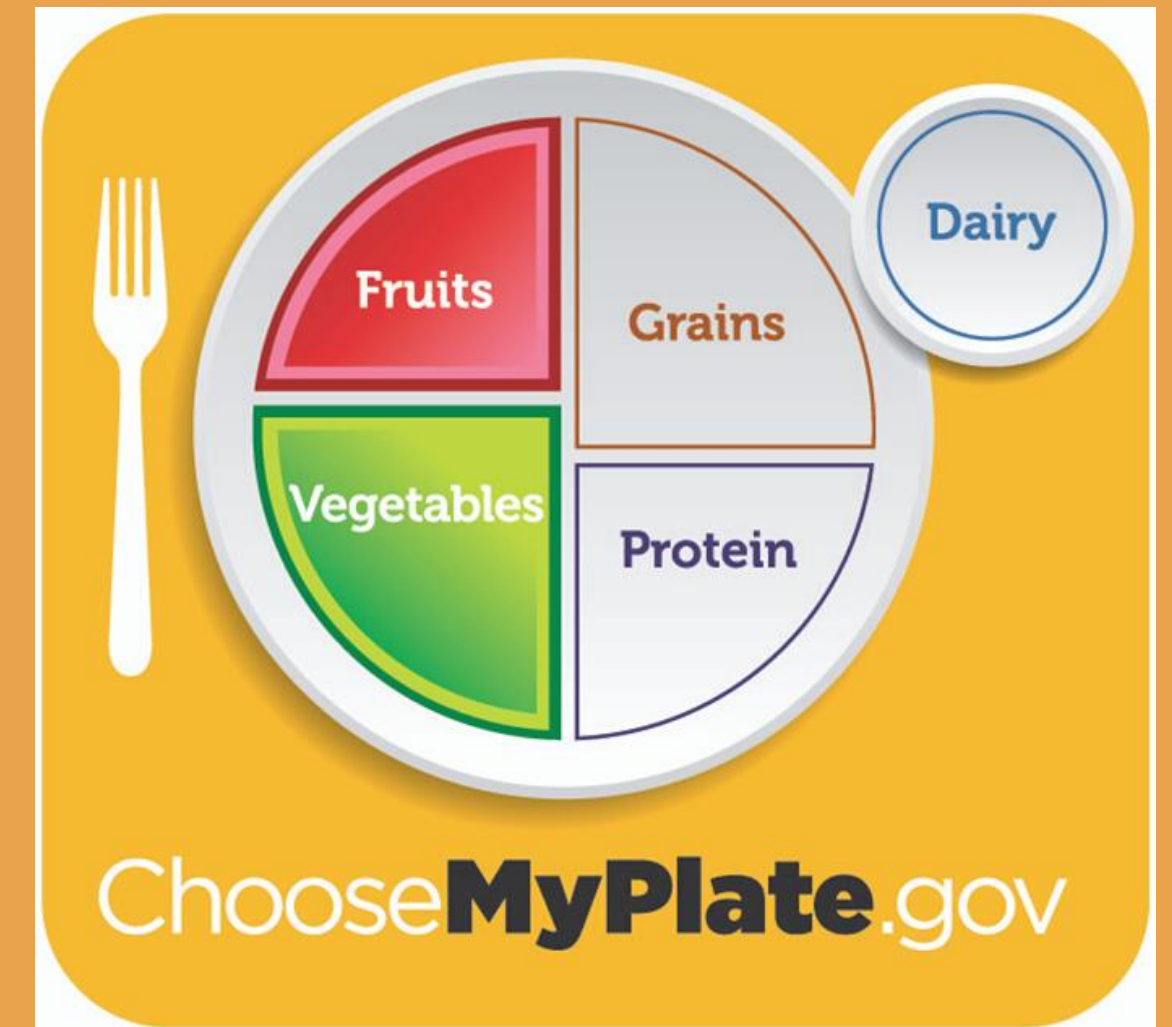
FRUITS AND VEGGIES HAVE MANY OF THE NUTRIENTS NEEDED BY OUR IMMUNE SYSTEM

Fruit and vegetable needs vary by age and calorie needs.

Each day aim for:

1 to 2 cups of fruit

2 to 3 cups of vegetables



VITAMIN D

- Helps promote bone health
- May help reduce inflammation in the body

Sources:

Fatty fish

Eggs and fortified dairy foods (milk & yogurt)

Goal:

2 to 3 cups of fortified dairy foods per day

2 servings of fish per week



VITAMIN E

Antioxidant & promotes skin health

Sources:

Nuts (especially almonds) and seeds

Nut butters (peanut butter)

Avocados

Spinach

Vegetable oils



PROTEIN

- Supports growth and repair of body tissues
- Raw material required for making antibodies
- Plays a critical role in the development of immunity

Sources:

Meat, fish, poultry

Seafood, dairy and eggs

Nuts, seeds, beans, peas, and soy

**Protein needs range from
2 to 6 1/2 ounces a day.**



OTHER NUTRIENTS

Folate - dark leafy vegetables, beans, avocados and fortified foods

Iron - beef, oysters, dried beans, spinach, and fortified foods

Selenium - meat, poultry, shellfish, tofu, and mushrooms

Zinc – Animal proteins, nuts, whole grains, legumes

CUT BACK ON HIGH-CALORIE, LOW-NUTRIENT FOODS

Sugar-sweetened beverages

Desserts

Fried foods

Highly processed snack foods

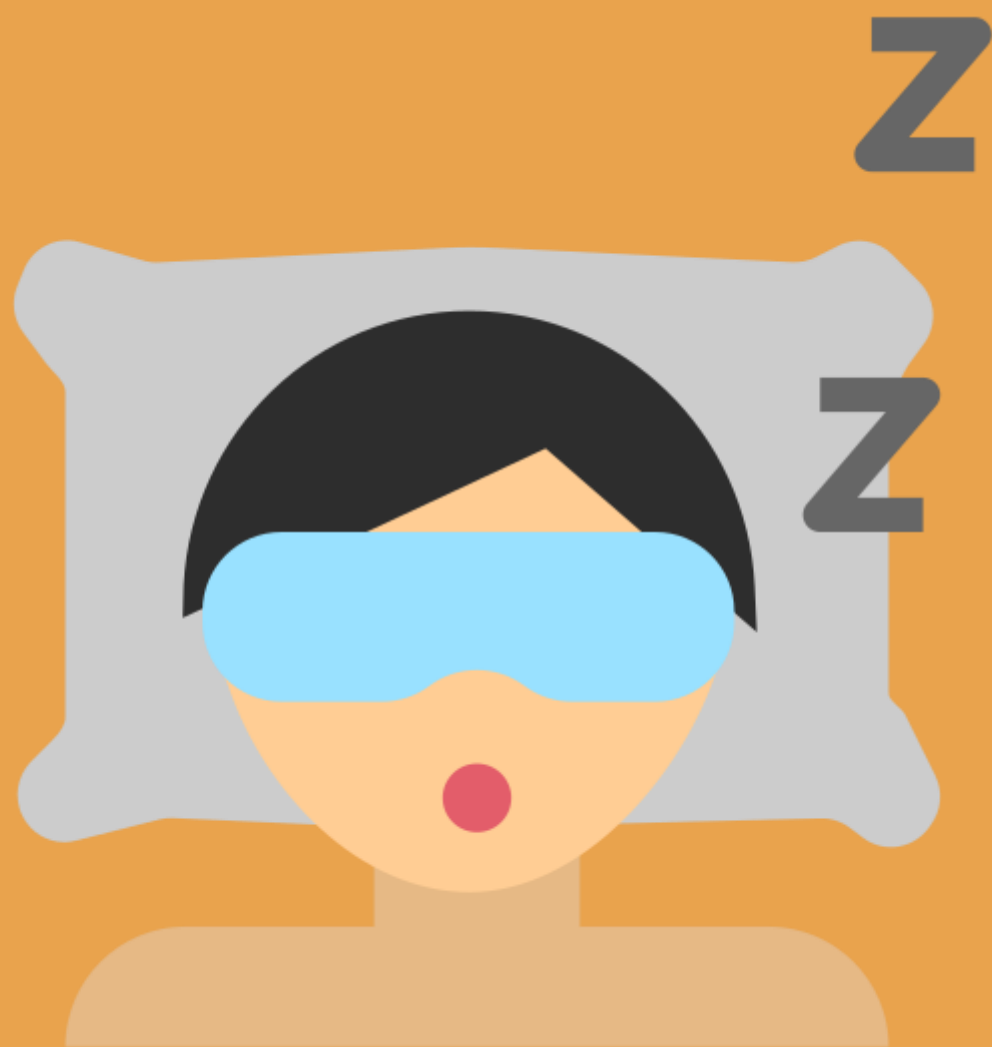
Alcohol in moderation - *if at all*





BUT WAIT!

**THERE'S MORE YOU
CAN DO TO MAINTAIN
A HEALTHY IMMUNE
SYSTEM**



Get plenty of sleep



Don't smoke or vape



Wash your hands



Be active



Manage your stress

SUMMARY

Make smart food choices

Get plenty of rest

Don't smoke (or vape)

Wash your hands

Be active

Control Stress