Boosting Your Immune System

Support your immune system with well-balanced nutrition

Immune-boosting nutrients can help fight against damage and inflammation in your body to support health.

**SOURCES OF IMMUNE-BOOSTING NUTRIENTS:**

**VITAMIN A**
- Orange & yellow fruits/veggies
- Dark, green vegetables
- Eggs
- Milk & yogurt

**VITAMIN C**
- Oranges, lemons, & limes
- Yellow squash
- Bell peppers
- Dark, green vegetables

**VITAMIN D**
- Sunlight
- Egg yolk
- Cheese
- Fatty fish
- Fortified foods

**VITAMIN E**
- Vegetable oils
- Nuts & seeds
- Green, leafy vegetables
- Mango, avocado, asparagus

**TIP:** Eat a well-balanced diet rich in plant foods in a variety of colors to keep your gut healthy.

To learn more, please visit shfb.org/nutrition-center