



SECOND HARVEST
of SILICON VALLEY

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