



# IMMUNE BOOSTING VITAMINS & MINERALS

A healthy immune system depends on a balanced mix of vitamins and minerals, plus a normal sleep pattern, and regular exercise. Many people do not eat enough fresh fruits and vegetables to keep them healthy year-round. Some eat an orange or a grapefruit and expect a quick burst of vitamin C to prevent a cold, but that is not the case.

The foods below are an excellent source for a variety of vitamins and minerals to help boost your immune system.

## VITAMIN A

- Carrots
- Sweet potatoes
- Pumpkin
- Cantaloupe
- Squash



## B6

- Bananas
- Lean chicken
- Coldwater fish (Tuna)
- Baked potato
- Chickpeas

## VITAMIN C

- Spinach
- Kale
- Pepper
- Strawberries
- Brussel sprouts
- Papaya

## VITAMIN E

- Almonds
- Peanuts
- Hazelnuts
- Sunflower seeds
- Spinach
- Broccoli
- Kale

## VITAMIN D

- Wild salmon
- Mackerel
- Tuna
- Sardines

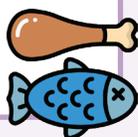
## FOLIC ACID

- Dried beans
- Peas
- Leafy greens



## IRON

- Poultry
- Seafood
- Beef
- Dried beans
- Broccoli
- Kale



## SELENIUM

- Garlic
- Broccoli
- Sardines
- Tuna
- Brazil nuts
- Barley

## ZINC

- Oysters
- Crab
- Lean meats
- Poultry
- Baked beans
- Yogurt
- Chickpeas