

IMMUNE BOOSTING

WHERE TO FIND YOUR VITAMINS AND MINERALS?

General Healthy Eating Tips and Guidelines

Ensure that you eat a healthy, balanced diet which provides adequate macronutrients (carbohydrates, proteins and fats) and micronutrients (vitamins and minerals) every day!

Use foods high in dietary fibre e.g. whole wheat and whole grain flour products, oats, ground provisions.

Use dried, fresh or frozen peas and beans at least 5 times a week.

Aim for 3 fruits and 2 vegetables daily.

Lower your salt intake: avoid seasoning cubes, vetsin, all-purpose- use fresh green seasonings. Limit smoked, salted meats

Lower your fat intake: Limit fried foods, choose lean meats, without skin and fat, use low fat dairy products; use healthy fats: olive oil (not for cooking), vegetable oils, avocado, nuts and seeds.

VITAMIN C

Oranges, grapefruits, limes, portugals, kale, spinach, broccoli, bell peppers, strawberries and paw-paw. A powerful antioxidant which protects cells from oxidative stress-a product of infection or chronic inflammation.



VITAMIN E

Almonds, peanuts, hazelnuts, sunflower seeds; olive oil. Like vitamin C, vitamin E is an antioxidant which helps protect cells from oxidative stress.



VITAMIN D

Fatty fish (salmon, mackerel, tuna and sardines); fortified foods-milk, orange juice and cereals. Anti-inflammatory and helps regulate our immune system.



VITAMIN B6

Green vegetables, chickpeas (channa), tuna, sardines. Ensures that the reactions between different parts of our immune system are efficient.



VITAMIN A

Carrots, sweet potatoes, pumpkin, cantaloupe and squash. Helps regulate our immune response.



IRON

Lean meats, poultry and seafood; organ meats; green leafy vegetables. Essential for the production and maturation of immune cells.



FOLATE/FOLIC ACID

Peas, beans, green leafy vegetables; avocados; fortified foods-enriched breads, pastas, rice. Folate is the natural form while folic acid is the synthetic form, added to foods. Necessary for proper immune cell activity



SELENIUM

Garlic, broccoli, sardines, tuna, brazil nuts, barley. An antioxidant and anti-inflammatory mineral.



ZINC

Oysters, crab, lean meats and poultry, baked beans, yogurt, chickpeas. Crucial for the normal development and function of immune cells



Note that you cannot boost your immune system overnight, you can strengthen it over time!

“Boosting” your immune system does not happen immediately, there is no “quick fix” or magic solution. A strong immune system, well-equipped to deal with any virus that may come your way-including COVID-19 is built over time through your daily lifestyle choices, including your everyday food choices.