

COVID-19:

Special information



FOODS TO SUPPORT YOUR IMMUNITY

Your immune system works every day to protect you from the latest cold or virus. Help it be healthy by eating foods that supply vitamins C, A, and E along with other special nutrients.

Here are some immune-boosting choices you can make:

- 1. Berries:** Choose fresh, dark berries—blueberries, blackberries, strawberries, and elderberries—for their vitamin C and flavonoids which are powerful plant compounds that enhance your immunity.
- 2. Green veggies:** Add dark green broccoli, kale, spinach, arugula, or Brussels sprouts to your dinner plate tonight for their extra vitamins A and C. Fresh vegetables are ideal, but frozen will do.
- 3. Beta-carotene:** Eat more sweet potatoes, melons, carrots, mangoes, peaches, and butternut squash. Beta-carotene gives these brightly colored fruits and vegetables their hue, and it converts to vitamin A in the body.
- 4. Probiotics:** Yogurt, kefir (yogurt beverage), sauerkraut, and kimchi supply good bacteria to strengthen your immune system via your intestinal tract.
- 5. Tea:** Even coffee lovers should find time for a cup or two of green tea to get the benefits of its powerful immune-supporting compounds.
- 6. Nuts and seeds:** A handful of almonds or walnuts provides vitamin E, healthy fats, and other immune-supporting nutrients. You can also find these nutrients in chia or sunflower seeds.
- 7. Seafood:** Eat more salmon, tuna, and anchovies for omega-3 fats that support a healthy immune system.

*7 best foods for a healthy immune system [Newsletter].
CommonHealth, Commonwealth of Virginia. No date. Accessed May
19, 2020. [http://commonhealth.virginia.gov/documents/wellnotes/
BestFoodsforaHealthyImmuneSystem.pdf](http://commonhealth.virginia.gov/documents/wellnotes/BestFoodsforaHealthyImmuneSystem.pdf)*

For more information on healthy eating,
contact a health coach. Call 1-866-778-6073
(TTY: 711) to speak to a health coach, or log in to
MyHealth OnLine to chat.

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