

ROCK THE WALK 2020



Immunity Boosting: Week 2

NUTRITION

SUPPORT YOUR HEALTH WITH NUTRITION

What we eat can help boost our immune system, and help protect against various viruses, germs and illness.

PROTEIN

Helps with healling and recovery. Protein foods include lean meat, seafood, poultry, eggs, beans, peas, nuts and seeds.

VITAMIN A

Helps to protect against infection by keeping skin and tissue healthy. Vitamin A foods include sweet potatoes, carrots, broccoli, spinach, apricots, milk and some cereal.

Educational information
provided by
the Academy of Nutrition and Dietetics
article by Sarah Klemm, RDN, CD, LDN

SUPPORT YOUR HEALTH WITH NUTRITION CONT.

VITAMIN C

Stimulates the formation of antibodies, which fight off germs and infection. Vitamin C foods include citrus fruits; papaya, strawberries, tomatoes, and some cereals.

VITAMIN E

Is an antioxidant that may support immune function. Vitamin E foods include fortified cereals, sunflower seeds, almonds, hazelnuts and peanut butter.

ZINC

Helps the immune system work properly and help wounds heal. Zinc foods include lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.

Aim for a well-rounded diet
with proteins, whole grains,
fruits, vegetables and low-
fat dairy!

HOW NUTRITION BOOSTS IMMUNITY:

What we eat and how we fuel our body can have a drastic effect on our health in many aspects. Our nutrition habits can help support a strong immune system and help protect us from illnesses and disease.

✓ **NO ONE FOOD CAN PREVENT ILLNESS FROM HAPPENING, SO IT'S IMPORTANT TO EAT A WELL-BALANCED VARIETY OF FOODS**

✓ **OTHER NUTRIENTS, SUCH AS B6, B12, COPPER, FOLATE AND IRON ALSO MAY HELP YOUR IMMUNE SYSTEM WITH PREVENTION**

Nutrition from food is
preferred over
supplementation form.

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