

29 FOODS THAT BOOST YOUR IMMUNITY



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Boosting your immune system isn't something that is reserved for colder months of the year. Anytime the seasons change you should boost your immune system. You should also keep it boosted off and on throughout the year as you make changes to your routine, your diet, or following a trip. When you are trying to boost your system, you may be inclined to grab an over the counter option, but those options have many preservatives and chemicals. There are natural ways to boost your immune system that you should consider first.

One of the immediate ways you can boost your immune system is to add citrus fruits to your daily routine. If you feel like you would have to add too many, then juicing is the way to go. All you have to do is add oranges, lemon, and some other citrus fruits and create a juice. If you want to boost the immune qualities that citrus provides then you should consider adding a tablespoon of raw honey. This won't make the drink too sweet and it will give you not only the vitamins of the citrus, but the immune properties of the raw honey.

Another terrific way to boost your immunity is to make a healthy stir-fry with ginger, garlic, turmeric, red capsicums and broccoli. All of these foods are delicious and contain a wealth of immunity boosting properties.

Read on to find a checklist of 29 foods that are packed with immunity boosting goodness that you can eat before winter and some of the main immunity benefits of those foods.



1. Citrus Fruits

- ❖ Vitamin C
 - Grapefruit
 - Oranges
 - Mandarins
 - Lemons
 - Limes



2. Berries

- ❖ Antioxidants
- ❖ Anti-inflammatory properties



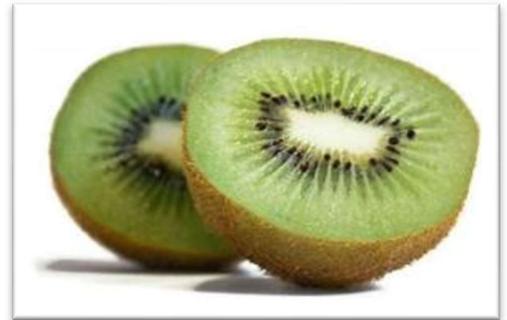
3. Pomegranate Juice

- ❖ May help the body fight bacteria and several kinds of viruses, including the flu



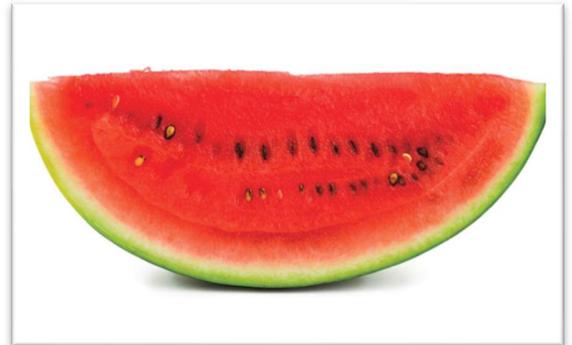
4. Kiwi Fruit

- ❖ Folate
- ❖ Potassium
- ❖ Vitamin k
- ❖ Vitamin C
- ❖ ***Protect against respiratory problems*** and prevent flu and cold complications such as wheezing, coughing and asthma



5. Watermelon

- ❖ Antioxidant called glutathione antioxidant that strengthens the immune system to better fight infection



6. Pineapple

- ❖ Vitamin C
- ❖ Digestive health
- ❖ Antioxidants
- ❖ Bromelain



7. Yogurt

- ❖ Probiotics and live cultures
- ❖ Vitamin D helps regulate the immune system and boosts the body's natural defenses against diseases



8. Acai Berry

- ❖ Antioxidants called 'Anthocyanins' which have strong antiproliferative properties – which means they stop bad cells from growing out of control.



9. Ginger

- ❖ Key antioxidants
- ❖ Gingerol that may help reduce chronic pain and lower cholesterol



10. Whole Raw Garlic

- ❖ Contains alliin that turns to allicin when garlic is crushed or chewed, which quickly converts to other sulfur-containing compounds with medicinal values that boost the performance of disease fighting white blood cells that fight viruses that causes flu and colds



11. Red Capsicum

- ❖ Vitamin C
- ❖ Beta carotene



12. Broccoli

- ❖ Numerous antioxidants: Vitamins A, C, and E



13. Avocados

- ❖ Vitamin E, a powerful antioxidant for immune system function



14. Barley and Oats

- ❖ Beta-glucan, a type of fiber with antimicrobial and antioxidant capabilities more potent than Echinacea



15. Black Tea

- ❖ L-theanine aids in the production of germ fighting compounds in t-cells



16. Green Tea

- ❖ Flavonoids, a type of antioxidant
- ❖ Epigallocatechin gallate antioxidant
- ❖ L-theanine aids in the production of germ fighting compounds in t-cells



17. Sweet Potatoes

- ❖ Beta carotene which the body turns into vitamin and that plays a key role in the production of connective tissue



18. Wheat Germ

- ❖ Zinc
- ❖ Antioxidants
- ❖ B vitamins



19. Turmeric

- ❖ Antioxidants
- ❖ Potent anti-inflammatory properties
- ❖ Curcumin to help reduce exercise-induced muscle damage



20. Mushrooms

- ❖ Increase the production and activity of white blood cells that fight infection



21. Spinach

- ❖ Folate for cell production and repair of DNA
- ❖ Vitamin C
- ❖ Beta carotene to increase infection-fighting capability of the immune system
- ❖ Light cooking enhances its vitamin A content



22. Papaya

- ❖ Vitamin C
- ❖ Potassium
- ❖ B vitamins
- ❖ Folate



23. Almonds

- ❖ Vitamin C
- ❖ Vitamin E



24. Poultry and Chicken Soup

- ❖ Vitamin B-6
- ❖ Stock or bone broth supplies chondroitin, and other nutrients for gut health and immunity



25. Sunflower Seeds

- ❖ Phosphorous
- ❖ Magnesium
- ❖ Vitamin B-6
- ❖ Vitamin E, a powerful antioxidant for immune system function



26. Dark Leafy Greens

- ❖ Vitamin E, a powerful antioxidant for immune system function



27. Fatty Fish

- ❖ Omega-3 fatty acids



28. Oysters and Shellfish

- ❖ Zinc to promote growth of white blood cells that fight bacteria, virus, and other infectious agents



Limit to zinc to recommended daily requirements as too much could inhibit immunity

- Women 19 and older - 8 mg
- Men 19 and older - 11 mg
- Pregnant women 19 and older - 11 mg

29. Beef

- ❖ Zinc to promote growth of white blood cells that fight bacteria, virus, and other infectious agents

