

FOODS THAT BOOST YOUR IMMUNE SYSTEM

Probiotics (fermented foods)

- Plain Greek Yogurt with active cultures
- Plain Kefir
- Kombucha
- Sauerkraut
- Miso
- Kimchi
- Tempeh

Prebiotics

- Asparagus
- Jerusalem artichoke
- Jicama
- Garlic
- Leeks
- Onion
- Unripe bananas
- Flax seed
- Seaweed
- Konjac root (shirataki noodles)

Omega 3 Fatty Acids

- Fatty fish
 - Salmon
 - Mackerel
 - Herring
 - Sardines
 - Tuna
- Walnuts
- Flax seeds
- Chia Seeds
- Oils such flaxseed oil and walnut oil
- Grass fed meats/poultry are higher in Omega 3 than conventional meats

Vitamin C

- Guava
- Bell peppers
- Kiwi

- Strawberries
- Oranges/Grapefruit
- Broccoli
- Tomato
- Kale

Vitamin E

- Sunflower seeds
- Almonds
- Avocados
- Spinach

Vitamin A

- Sweet potato
- Carrots
- Tuna
- Butternuts squash
- Spinach
- Cantaloupe

Zinc

- Oysters
- Beef/Chicken/Pork
- Tofu
- Hemp seeds
- Lentils

Selenium

- Brazil nuts
- Tuna
- Shellfish
- Pork/beef/chicken
- Mushrooms