

IMMUNE BOOSTING FOODS

GARLIC

Garlic contains compounds that have antibacterial, antifungal, antiviral, and antioxidant properties. Garlic has been shown to increase natural killer and T-regulatory cells and is associated with decreased opportunistic infections. [1] Important note: Use fresh garlic! Pre-minced doesn't provide the same benefits, you lose a lot of the important sulfur-containing compounds.



OYSTERS

Shellfish in general is high in zinc, an important mineral that supports immune system function, but oysters in particular are packed with it! Just TWO! small oysters provide about 10mg of zinc = ~134% of your suggested daily intake. [2]

MUSHROOMS

These majestic plants have many healing properties, including immune support. Mushrooms are also anti-cancer and may contain adaptogens, which helps us recover from mental and physical stress. [3]



AVOCADO

This delightful fruit is rich in Vitamin E, which is an immunostimulant. Vitamin E is a fat-soluble vitamin and lucky for you, avocado also contains healthy fats. [4]

Suggestion: Fill the avocado pit void with something like tuna salad for a healthy snack or meal.

CITRUS & BELL PEPPER

These foods are high in vitamin C, which improves antioxidant status, reduces oxidative stress, and protects us or helps us recover from an infection. **Vitamin C recycles oxidized Vitamin E for reuse!! It's truly incredible.** [1]

Important note: In bell pepper, vitamin C is concentrated in the soft white flesh on the inside that people often cut off.

Suggestions: Add a squeeze of citrus to everything and cut bell pepper into 'chips' for your guacamole.



CARROTS AND SWEET POTATOES

These tasty sweet veggies are packed with vitamin A, which plays a critical role in enhancing immune function. Vitamin A effects both the innate immune system and adaptive; meaning, it enhances immune function and defends against multiple infectious diseases. [5]

PROBIOTICS & PREBIOTICS

OUR GUT IS HOME TO ABOUT 70% OF OUR ENTIRE IMMUNE SYSTEM!! TO HELP SUPPORT A HEALTHY IMMUNE SYSTEM WE MUST GO WITH OUR GUT. [6]

PREBIOTICS

All prebiotics are fiber, but not all fiber is prebiotic. Prebiotics are fermented by the intestinal microflora and stimulate growth and/or activity of intestinal microflora.

Prebiotics are important because they feed and strengthen our gut lining protecting us from pathogens and leaky gut.

Benefits include:

- Reduce inflammation and symptoms associated with IBS or IBD
- Protective effects against colon cancer
- Increase bioavailability and uptake of minerals
- Weight maintenance and weight loss by increasing satiety



Prebiotic Foods

- Jicama
- Asparagus (raw or slightly cooked)
- Legumes
- Garlic
- Leeks
- Onions
- Jerusalem artichokes
- Chicory root
- Cashews
- Carrots
- Bananas
- Barley
- Whole oats
- Apples
- Konjac root
- Cocoa
- Flaxseeds
- Burdock root
- Seaweed
- Dandelion greens
- Flaxseeds
- Wheat bran

PROBIOTICS

Probiotics are live microorganisms that are beneficial for our gut and overall health. Many of these microorganisms already exist in our gut. They come in supplement form but the best source is through food. They can help us digest, kill harmful cells, and/or produce vitamins.

Benefits include:

- Increased levels of nutrients: B-vitamins, minerals, GABA, polyphenols
- Increased digestibility
- Removal of anti-nutrients
- Reduced lactose - may be more tolerable for some
- Boosted antioxidants
- Improved gastrointestinal health - reduction of symptoms of IBS
- Cholesterol reduction



Probiotic Foods

- Yogurt
- Miso
- Tempeh (low heat)
- Fresh, sour pickles
- Kombucha
- Kvass
- Sourdough bread
- Kimchi
- Kefir
- Cheese
- Water or brine-cured olives
- Natto
- Sauerkraut

HOW OFTEN DO WE WANT TO EAT THESE?

A good rule to follow is to incorporate prebiotics daily and probiotics about 3-4 times per week.

Here are some ways to incorporate probiotic foods into your diet:

- Have yogurt, berries, and flax seeds for breakfast
- Replace sour cream or mayo with plain, unsweetened yogurt
- Substitute tempeh for meat in a dish (add at the end, excessive heat can destroy cultures)
- Add miso to soups, sauces, or dressings
- Drink kefir as a snack
- Top dishes with sauerkraut or kimchi, or serve as a side dish



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