


COVID 19: Boost Immunity With Food



Research shows that food sources of vitamins, minerals and phytonutrients are the best way to receive them (along with additional supplementation if needed, of course!) Below are examples of foods that are highest in the nutrients listed. Incorporate these in your meal plan for the week; rotate options and colors of foods to receive the most benefit. They are all immune boosting, antioxidant-containing, and anti-inflammatory foods we should have in our diets anyway 

VITAMIN C

guava
citrus fruits
bell peppers
strawberries
tomatoes
cruciferous veggies
(broccoli, cabbage,
cauliflower,
brussel's sprouts)
white potatoes



VITAMIN A

eggs
beef liver
sweet potato + peel
milk
(whole, grass fed)
fish oils
pumpkin
carrots
leafy greens
bell peppers
tomatoes
cantaloupe
mango



TURMERIC

Start low and increase as tolerated.
Add 1/2 teaspoon, 1-3 times daily to:
smoothies
soups & stews
roasted veggies
scrambled eggs
rice
or anything else!

VITAMIN D

cod liver oil
salmon
mackerel
tuna
liver
beef
sardines
eggs



SELENIUM

shellfish
organ meats
beef
turkey
chicken
brazil nuts
beans
lentils

ZINC

shellfish
beef
poultry
pork
legumes
nuts
seeds
whole grains



GARLIC

Add garlic to your cooking by chopping fresh cloves and cooking at lower temperatures or add it after you've cooked your meal.

HONEY

Choose raw, unfiltered, unprocessed & local honey. Add 1 tsp to your tea, yogurt, cottage cheese, smoothies, salad dressing, etc. Don't overheat!

FYI:

Only include foods that are allowed on your current food plan. Don't stress about the doses you'll consume by eating the above foods- nutrient density in food is dependent on soil quality, so we can't know what we're getting. Just aim to include more of these healthy foods in your diet as often as possible, as tolerated. Try new foods! Ask your kids to at least take 1 bite when they're unsure.