

# Immunity Boosters Vitamin C



In the upcoming period we have to take care of what we eat for our immunity to resist any infection .

Together we will learn some dietary facts that will boost our immune system.

We all know the great benefit of vitamin C to our immune system, here are some Vit. C rich food.

## Vegetables



You need a daily supply of 75-90 mg of Vit. C as your body can't store it, so take at least four items of the previous list every day to boost your immunity.

# Immunity Boosters

## Vitamin D



**Do you know that we make 90 per cent of our vitamin D from sunrays.**

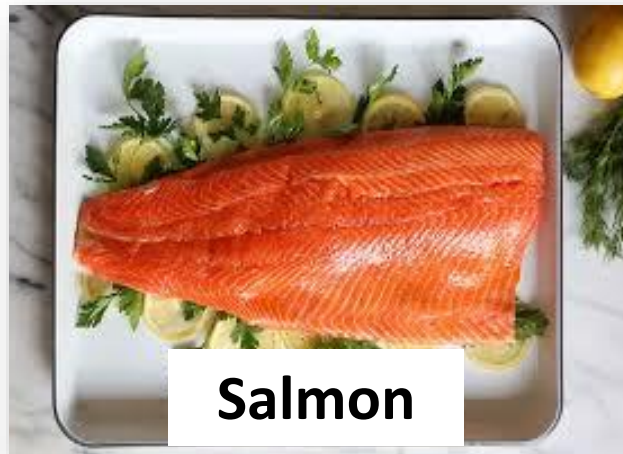
**Vitamin D helps maintain bone integrity, muscle and gum health, maintains heart health and improves brain function.**

**Vitamin D deficiency increases susceptibility to autoimmune diseases and infections.**

### Fatty Fish



**Tuna**



**Salmon**



**Cod liver oil**



**Mackerel**



**Sardine**

### Other Sources



**Mushroom**



**Egg**

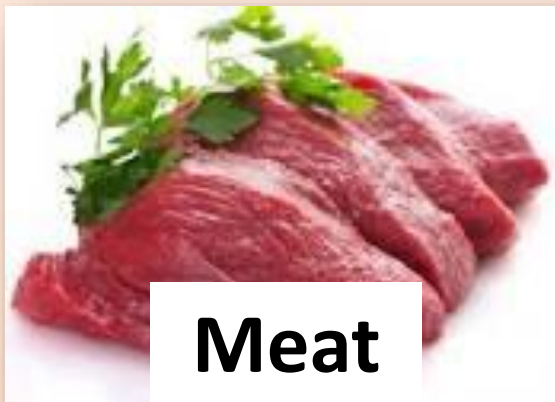
**Try to expose your skin to direct sunlight at least for 15-30 minutes, 3 times/week.**

**You need a daily supply of 10-20 micrograms of Vit. D if you are exposed to sunlight and 25-100 micrograms if you are not to boost your immunity and maintain a good health.**

# Immunity Boosters Zinc



**Zinc metabolizes nutrients, maintains your immune system and repairs body tissues.**



**Meat**



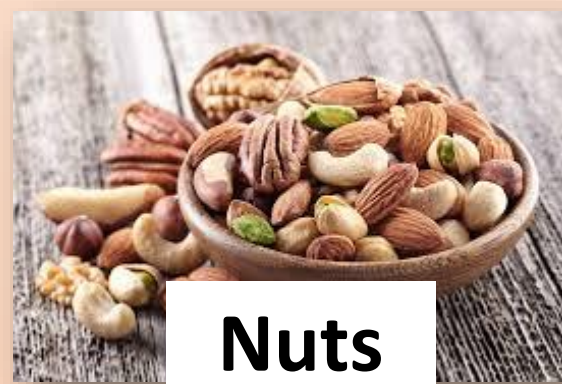
**Legumes**



**Eggs**



**Dark Chocolate**



**Nuts**



**Sesame seeds**



**Milk**

**It's recommended that we have 11 mg of zinc per day so make sure to take at least 2 of the above group/day.**

**Final Advice**  
**“Eat a Rainbow”**

**Try as much as you can to incorporate these five colors in your daily diet**  
**“White, Green, Yellow/Orange, Red and Blue/Purple”**  
**This will help your body defend against so many diseases not only conquer viruses.**

