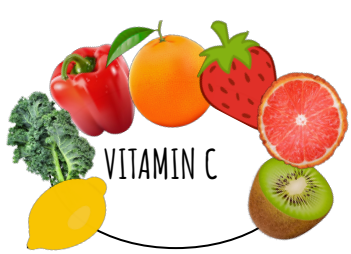


Did you know?

You can't eat your way into a better immune system, but you can eat your way out of one!
More is not always better.

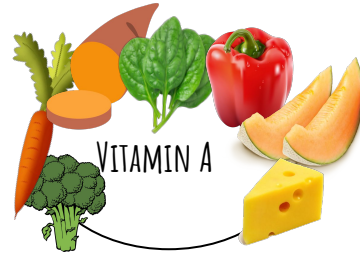
Immunity Foods

Your immunity can't get a "boost" from the foods you eat but you can make sure you are getting enough of the right vitamins and minerals to stay healthy!



VITAMIN C

Starts the building of antibodies (fighters) by the immune system.



VITAMIN A

Keeps the tissues lining your mouth, stomach, intestines and lungs healthy!



VITAMIN E

Works as an antioxidant to protect against damaged cells.



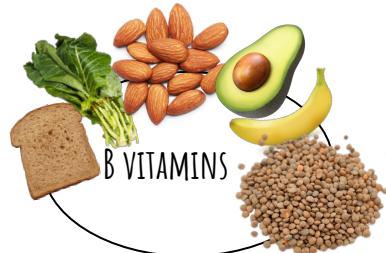
ZINC

An antioxidant that regulates the production, growth and function of immune cells



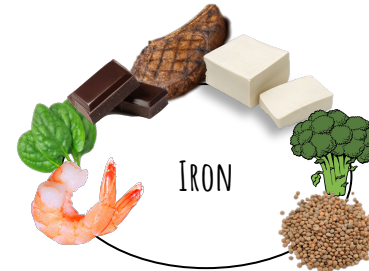
VITAMIN D

A hormone that promotes growth of immune cells, especially in respiratory diseases.



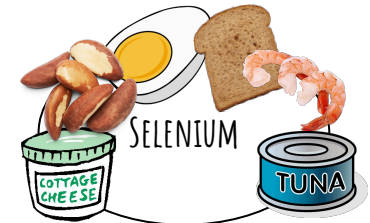
B VITAMINS

Regulates growth and maturity of antibodies/ white blood cells as well as maintains cell health.



IRON

Regulates growth and maturity of specific immune cells.



SELENIUM

Acts as an antioxidant and reduces stress on the body.

Nutrition Lesson:

Have your kids point out which foods they eat and discuss the vitamins and minerals that food provides and its effect on their health!
Make sure you are drinking lots of water, getting plenty of sleep and as much exercise as you can as well!

Created by Jillian Koye, MS, RDN In association with Bright Healthy Smiles