

## MARCH IS NATIONAL NUTRITION MONTH

# BOOST YOUR IMMUNE SYSTEM WITH NUTRITION



### CITRUS FRUITS

Most people turn to vitamin C after they've caught a cold. It helps increase the production of white blood cells. Your body does not store vitamin C so daily intake is recommended for continued health.



### RED BELL PEPPERS

One medium-sized red bell pepper provides 169% of the Reference Daily Intake (RDI) for vitamin C, making it one of the richest dietary sources of vitamin C. They're also a rich source of beta carotene, vitamin B6, K1, E, & A, as well as potassium and folate,



### GREENS

Broccoli and spinach are both supercharged with vitamins, minerals, antioxidants, and fiber. Nutrients increase the infection-fighting ability of our immune system. Both are healthiest when cooked as little as possible to retain nutrients.



### HERBS AND SPICES

Medicinal properties can be found in many herbs and spices that make them great additions to meals. Turmeric, ginger and garlic are three examples that have been known to remedy different ailments with their immune system strengthening and infection fighting properties.



### BONE BROTH

When you're sick chicken soup is more than just a feel good food with a placebo effect. Poultry such as chicken and turkey are high in vitamin B-6 that is vital to the formation of new and healthy red blood cells. Other benefits from the stock or broth are helpful for gut healing and immunity.



**CHALLENGE YOURSELF TO INCREASE  
YOUR INTAKE OF  
IMMUNE BOOSTING FOODS!**