




Nutrition and immunity



The body's immune system is one of line defense against infectious diseases and to function efficiently it needs healthy and balanced food

Some foods that support immunity are:





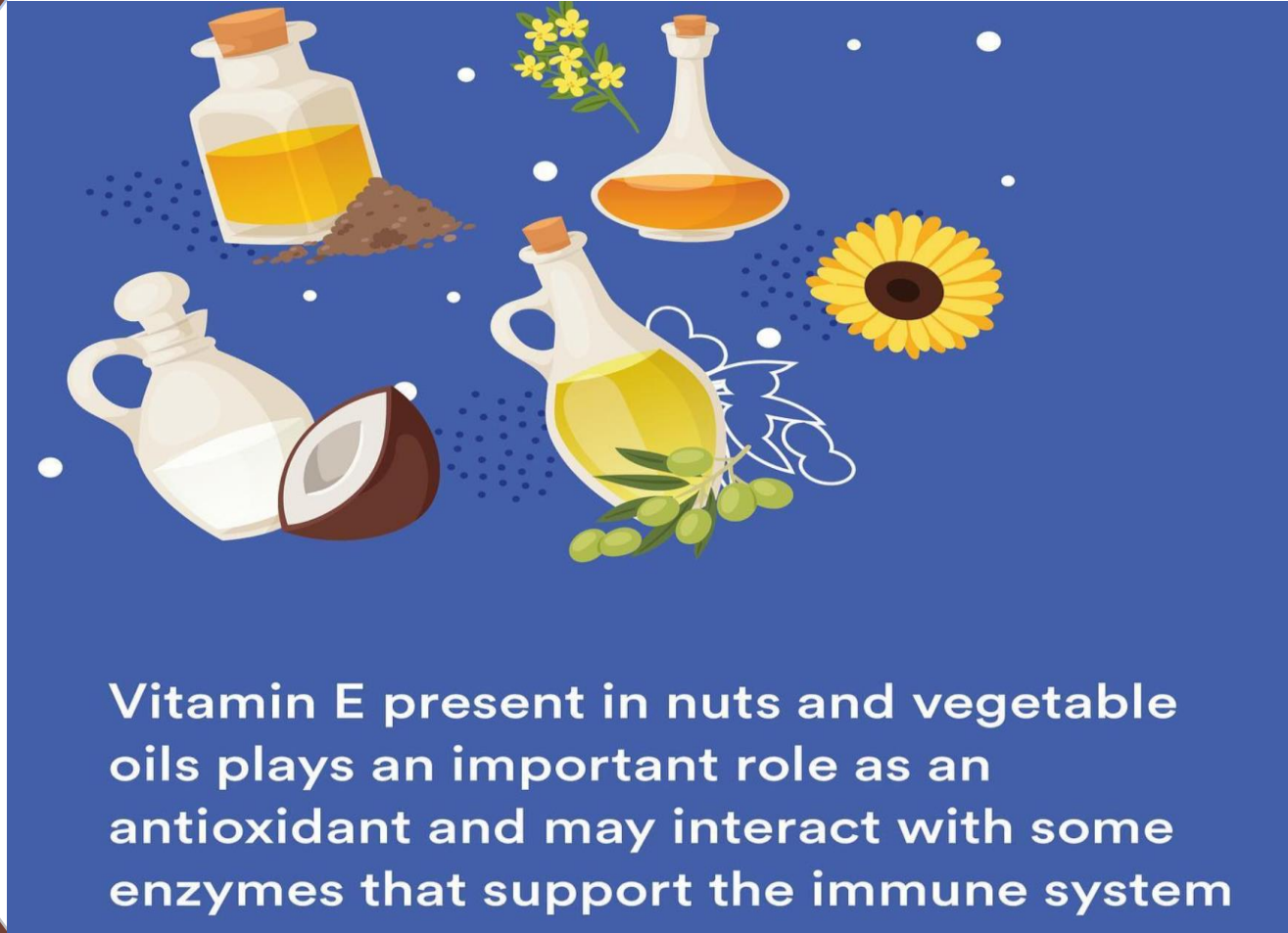
Citrus fruits like grapefruit, oranges, lemons, etc. enhance the immune system's response against infections



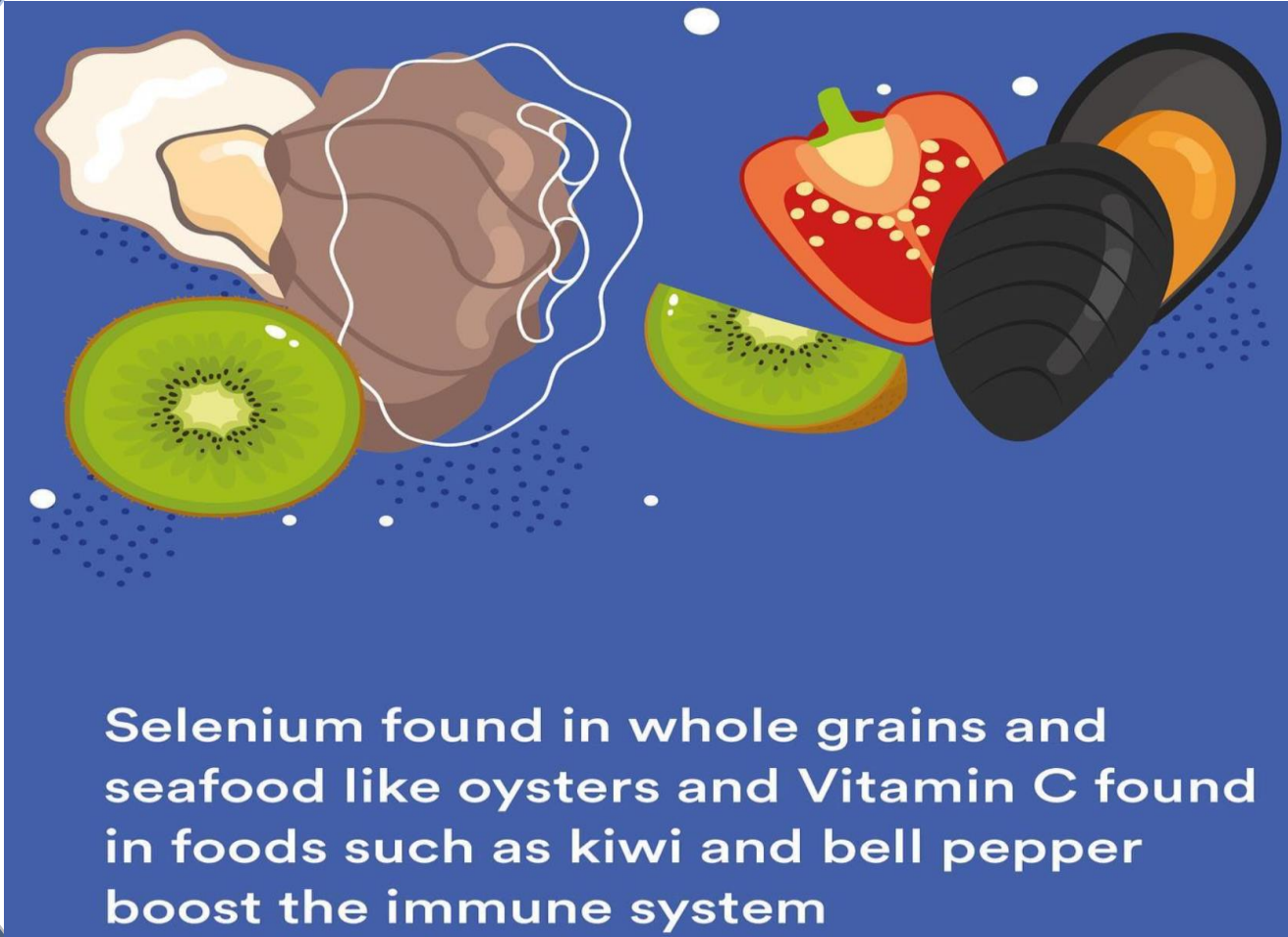
Amino acids (arginine) found in nuts (walnut and almonds) and grains (pumpkin and sesame seeds) help generate nitric oxide that supports immune cells



Vitamin A found in liver, sweet potatoes and carrots and Zinc found in meat and seafood such as shrimp, contribute to regulating cell division and successful response in the immune system



Vitamin E present in nuts and vegetable oils plays an important role as an antioxidant and may interact with some enzymes that support the immune system



Selenium found in whole grains and seafood like oysters and Vitamin C found in foods such as kiwi and bell pepper boost the immune system



Probiotics in dairy products have an effect on boosting immunity by reducing or delaying the emergence of infectious diseases