

# 10 Immune Supporting Foods

1 **Ginger** may help reduce inflammation and improve immune response.


2 **Berries** have antioxidant properties that help the immune system by fighting off harmful molecules to your body that fight infections.

3 **Garlic** is known to boost the immune system through its compounds that enhance the anti-inflammatory effect.

4 **Citrus** fruits contain vitamin C, an essential nutrient that acts as an antioxidant and reduces inflammation to enhance immunity in the body.

5 **Turmeric** has anti-inflammatory properties that can boost the body's immunity and has been shown to have antimicrobial properties.

6 **Leafy greens** such as kale, spinach, and collard greens can provide you with a strong source of vitamin A.



7 **Yogurt** contains the “good bacteria” is also known as probiotics and can help enhance the physical barrier in the intestine to protect it from invaders.

8 **Pumpkin seeds** are rich in zinc, which aids in the growth and function of the body's white blood cells, which help fight infections.

9 **Mushrooms** contain important nutrients like selenium and vitamin D, which play key roles in immune health.

10 **Honey** has been shown to have the efficiency in wound-healing due to its natural bacterial resistance and anti-inflammatory elements.






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## Mackenzie Burgess, RDN

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