

# Dietary guidelines to boost the immunity:



Boosting your immune system can be achieved by having a balanced, and healthy diet. Food with a good content of vitamins A, E and C is known to boost the immunity. Magnesium and zinc also help in regulating the immune system and improving the mood.

## We advise you to increase the intake of:



**Citrus fruits** that are rich in vitamin C, which helps increase the production of white blood cells. They are key in fighting infections so make sure to add a squeeze of these fruits to any meal - lemons, grapefruit, oranges and clementines.



**Dark green vegetables**, such as broccoli and spinach, which are a good source of antioxidants since they are loaded with vitamins A, C and E. It is recommended to consume them raw or cooked as little as possible, in order to preserve their vitamin content which is altered with high heat..



**Ginger** as a go to ingredient when feeling sick for its anti-inflammatory properties.



**Garlic** which has been used for many years to fight infections. Its high content of sulfur imparts immune-boosting properties.



**Green tea** since it is loaded with flavonoids (antioxidants). It improves the immune system, so make sure to have one to two cups of green tea per day.



**Papayas and kiwis** which are good sources of folate, potassium, vitamin K and vitamin C and also boost the production of white blood cells and help fight infections.

1. To add, always try to prioritize fresh food, do not forget to drink plenty of fluids and avoid having processed foods, such as canned fruits and vegetables, ready meals, salami and ham.
2. Other important tips include washing your hands before food preparation and before eating, sanitizing your fruits and vegetables before consumption, avoiding raw and undercooked meat and buying pasteurized dairy products.

3. When indicated by your physician, while at home, avoid contact with other family members, and avoid sharing personal items such as towels and dishes.
4. Please make sure to get enough sleep, drink enough water, and of course eat a healthy and balanced diet.

For more information about health tips during the coronavirus pandemic, you may visit the following website:  
Academy of Nutrition and Dietetics [www.eatright.org/coronavirus](http://www.eatright.org/coronavirus)