

Foods for Immune System Function

Eat foods high in vitamin C:

- Bell peppers (contain 220% daily value of vitamin C)
- Citrus fruits
- Strawberries
- Kiwis
- Potatoes
- Broccoli
- Cauliflower
- Kale
- Cantaloupe
- Tomatoes

Be sure to eat foods high in vitamin A:

- Carrots
- Sweet potatoes
- Cantaloupe
- Squash
- Pumpkin
- Apricots

Eat foods high in probiotics to maintain healthy gut bacteria and kill the bad bacteria:

- Yogurt
- Kefir
- Kimchi
- Sauerkraut
- Tempeh
- Miso
- Natto

Eat high fiber foods to feed the healthy gut bacteria (prebiotics):

- Oats
- Bananas
- Onions
- Apples
- Asparagus
- Garlic
- Jicama
- Barley

**Be sure to eat foods high in zinc and iron as well such as beef, nuts, seeds, and spinach

***Fresh food not an option? Try frozen produce for just as many nutrients that will last you way longer!

https://www.fredhutch.org/content/dam/public/Treatment-Suport/survivorship/Healthy-Holidays/Staying%20Healthy%20Through%20The%20Holidays_2017_2.pdf