

# YOUR HEALTH AND IMMUNE SYSTEM

CAN THE RIGHT NUTRITION HELP?

1.

## WHAT IS YOUR IMMUNE SYSTEM?

The immune system is a network of cells, tissues, and organs that helps protect your body from foreign invaders, such as bacteria and viruses. It acts as your body's defense against illness and infection.

Your immune system needs a regular supply of nutrients to run smoothly. Eating a well-balanced diet provides your body with essential vitamins, minerals, and other nutrients that support the normal functioning of your immune system.



2.

## NUTRITION + IMMUNE SYSTEM



Aging is associated with a decline in the body's immune response, which can increase the risk of infection and severity of disease.



Consuming the right amounts of protein and other specific nutrients in the diet can support immune function.

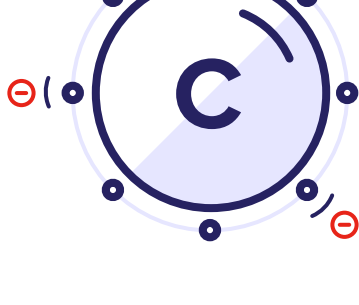


Almost half of older adults fall short of meeting nutritional requirements for protein, and many don't get enough vitamins and minerals from diet alone.

3.

## SUPPORT YOUR IMMUNE HEALTH

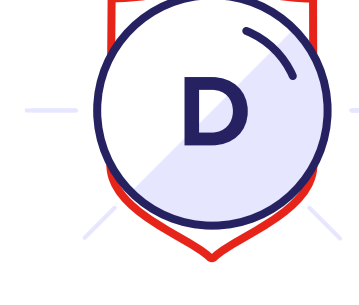
WITH A DIET THAT INCLUDES SPECIFIC NUTRIENTS



### VITAMIN C

- An antioxidant that fights free radicals, which can damage cells and lead to disease
- Helps strengthen the activity of other immune cells

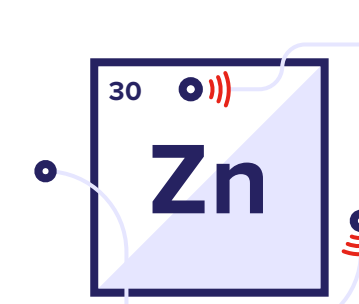
**FOOD SOURCES:** Fruits and vegetables, including oranges, grapefruit, kiwifruit, strawberries, red bell peppers, brussels sprouts and broccoli



### VITAMIN D

- Helps produce immune cells that work against harmful organisms
- Deficiency of vitamin D is often associated with increased inflammation and susceptibility to infection and illness

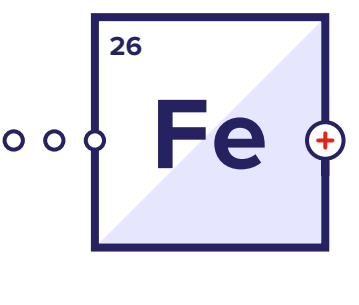
**FOOD SOURCES:** Fortified foods (milk, cereal, orange juice), fatty fish (salmon, sardines, tuna) and eggs



### ZINC

- Important for the development and activity of immune cells, including T-cells that help find and destroy infected cells in the body
- Required for immune cells to communicate with each other for healthy immune system function

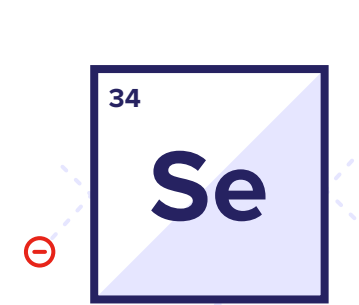
**FOOD SOURCES:** Oysters, beef, poultry, beans, nuts (cashews, almonds) and dairy



### IRON

- Key for the growth and development of immune cells, including white blood cells that are important for immune system defense
- The right amount is needed for your immune system to function properly

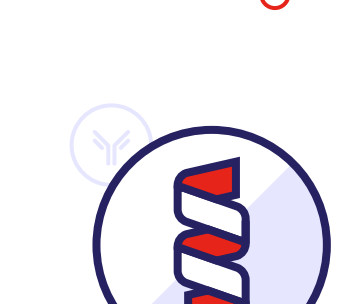
**FOOD SOURCES:** Lean meat, seafood, nuts, beans, fortified grain products (bread, cereal, rice), spinach and tofu



### SELENIUM

- An antioxidant, it helps counteract the damaging effects of free radicals that can lead to disease
- Like zinc, it supports the activity of T-cells, as well as other cells of the immune system

**FOOD SOURCES:** Seafood (tuna, halibut, shrimp), whole grains (brown rice, whole wheat bread), meat, poultry, eggs and dairy



### PROTEIN

- Provides amino acids used to build and repair tissue, especially after illness
- Needed to form antibodies, which play an important role in the immune response

**FOOD SOURCES:** Milk, yogurt, cheese, eggs, fish, chicken, pork, lean beef, soy products, nuts and legumes

4.

## MORE HEALTHY HABITS FOR GOOD HEALTH

Looking for more lifestyle changes that can benefit your overall health and immune system?

WE RECOMMEND:



**Getting enough sleep** to help your body rest and renew itself. A lack of sleep can impair your body's ability to fight off illness.



**Staying hydrated.** Nearly every system in your body depends on water to work properly.



**Taking time to relax and de-stress** so your body can focus on keeping you healthy.



**Making sure to exercise** to help further support your immune system, strengthen your body and reduce stress.

Consuming a variety of fruits, vegetables, whole grains and protein sources can help you get the nutrients needed to support your immune system.

If your diet has nutritional gaps, oral nutritional supplements, such as **BOOST® Nutritional Drinks**, can help.



References:  
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