

Chart of **healthy food** that **can help support your immune system.**

WHOLE GRAINS

They improve gut bacteria and intestinal function while being a source of sulfur-containing amino acids.

LEGUMES

They are high in fiber and protein and support antibody production due to the lysine they contain, a highly beneficial amino acid.

CARROTS

They contain plenty of vitamin A, have an immune-stimulating effect, and help protect mucous membranes.

TURMERIC

The ideal spice for loading up on antioxidants and boosting your immune system.

YOGURT

Containing lactic acid bacteria, it improves the functioning of the gastrointestinal tract and enhances immunity.

CITRUS FRUITS

Oranges, grapefruits, and tangerines are high in vitamin C and help prevent seasonal illnesses by strengthening the immune system.

SUNFLOWER SEEDS

They are a valuable source of Omega 3 and contain vitamin E, calcium, iron, and zinc.

BERRIES

Berries are high in antioxidants and help neutralize free radicals.

GREEN TEA

It is rich in flavonoids, helps to keep cholesterol low, and is a powerful antioxidant that supports immune health.

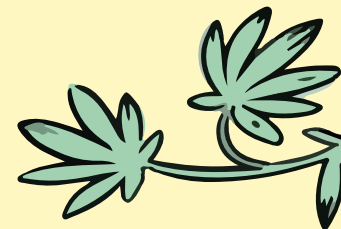


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ALMONDS

With their high magnesium content, they can help fight chronic inflammation.

ANCHOVIES

are high in zinc and healthy fats. They, therefore, strengthen the immune system and support its functions.

TUNA

Tuna contains selenium, a powerful antioxidant that helps boost the immune system and neutralize free radicals.

OLIVE OIL

As it is high in vitamin E, it can have immunomodulatory effects. It is best consumed raw.

BANANAS

They are particularly high in vitamin D, which helps strengthen the immune system and support bone health.

GARLIC

Because it contains a lot of allicin, it has antibiotic and antifungal properties and helps prevent flu and common colds.

SPINACH

Spinach is high in fiber, magnesium, and folic acid, which contribute to strengthening the immune system.

PUMPKIN

It is not only rich in fiber but also contains vitamin A, vitamin C, magnesium, and potassium.