

Immunity Boosting Foods

Healthy foods play a key role in supporting the immune system. Learn how simple nutrient choices can help protect the body and improve well-being!

Immune System Defined

The immune system serves as the body's natural defense mechanism, **safeguarding against illness and promoting proper health**. To effectively build and sustain immune cells, it requires a consistent intake of nutrients such as proteins, vitamins, minerals, and antioxidants.

By focusing on balanced meals that are abundant in these nutrients, you can enhance your bodies immunity, which in turn supports improved overall well-being.



Benefits of a Strong Immune System

Maintaining immune health is especially important in educational settings, as **strong immune systems help minimize sick days** for both students and staff, ensuring that classrooms operate efficiently. Healthy students are more capable of **focusing, learning, and engaging in daily activities**. Given that schools are prime environments for the transmission of germs, offering meals that bolster immunity can create a significant impact in enhancing student well-being and promoting academic achievement!

Antioxidants - Antidote to “oxidative stress” inhibiting immune cell damage.

Sources: Berries, dark leafy greens, grapes, pomegranates, cherries

Vitamin A - Vitamin that supports cell growth and organ maintenance.

Sources: Dairy products, leafy greens, tomatoes, carrots, sweet potatoes

Vitamin C - Vitamin that boosts antioxidant function and cell activity.

Sources: Citrus fruits, strawberries, bell peppers, broccoli

Zinc - Mineral involved in cell metabolism and DNA synthesis.

Sources: Meats, eggs, dairy products, beans, whole grains

Protein - Found in every cell in the body, including essential immune cells.

Sources: Meats, fish, dairy products, nuts, seeds, legumes