NUTRIENTS THAT SUPPORT YOUR IMMUNE SYSTEM

Choose foods rich in nutrients

BETA CAROTENE Orange, Red, Dark Green Fruits and Vegetables Eggs and fortified foods

VITAMIN C

Citrus fruits, strawberries, broccoli kiwi, tomatoes, melons and red bell peppers

VITAMIN D

Fatty fish, Eggs, Fortified Dairy Foods

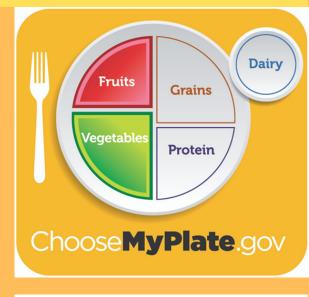


Nuts, Seeds, Nut butters, Avocados, Spinach, Vegetable oils

PROTEIN

Meat, Seafood, Poultry, Dairy, Eggs, Nuts, Seeds, Beans, Peas, Soy

Aim for: 1-2 cups of fruit 2-3 cups of veggies 2-3 cups dairy 2 servings fish/week





The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.