



# How to stay 'immune' to getting sick



## Vitamin D

Vitamin D has been in the spotlight most recently as research suggests that individuals with vitamin D deficiency are more likely to contract COVID and suffer more severe consequences when they do. Get enough vitamin D in your diet through dairy products, fatty fish, or dietary supplementation (if needed) if you can't get enough safely from the sun.



## Protein

Protein is one of three macronutrients and is needed for strong immunity. Protein provides materials for our bodies to make antibodies, white blood cells, and other compounds that help fight disease. Obtain protein in your diet with lean cuts of meat, low-fat dairy products such as Greek yogurt or string cheese, or dried beans and lentils.



## Vitamin C

Vitamin C impacts immunity in a number of ways. Include a variety of fruits and vegetables in your diet daily. Sources of vitamin C include peppers, berries, broccoli, citrus fruits, and spinach.



## Iron & Zinc

Iron is a key component in enzymes that are vital for the normal functioning of immune cells. Zinc has been linked with reduced severity of COVID. Add berries to iron-fortified cereals to boost iron absorption or include peppers and tomatoes in bean dishes. Add whole grains to your diets such as oatmeal, whole-wheat pasta, bran cereal, or quinoa for adequate zinc and fiber.



## Sleep & Exercise

Getting enough sleep, reducing stress, and doing regular exercise also improve our immune systems and should be accomplished every day.



## Water

Drink plenty of water. Water helps keep mucous membranes moist, which helps protect the lining of our lungs and gut from harmful bacteria. Aim for at least 6 to 8 cups of water daily.