Immune-Boosting Foods

In general, the foods that strengthen your immune system are the same foods you need to balance overall health: Vegetables and Fruit, Whole Grains, Beans and Lentils, and Nuts and Seeds. While no one food can totally prevent you from catching a virus like the coronavirus or flu, here are some foods and their key nutrients known to boost immunity:

Citrus Fruits & Tomatoes – Vitamin C, beta carotene
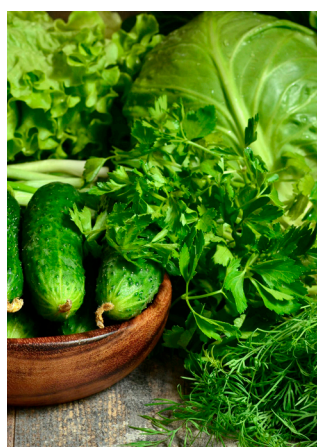

Sweet Potato & Carrots – Beta carotene

Beans & Lentils –Zinc, protein

Nuts & Seeds –Anti-inflammatory substances, zinc, protein, selenium, vitamin E

Blueberries & Dried Tart Cherries – Flavonoid antioxidants.

Green Vegetables – Antioxidants, vitamin C

Lean Animal Proteins (salmon, chicken, dairy) – Omega-3 fats, protein, zinc, vitamin D

Turmeric & Cinnamon – Anti-inflammatory substances