



2ND HELPING

Just a Little More Help from **United Way Meals on Wheels** January 2025

Building Immunity with Good Nutrition

The Right Foods May Help You Fight off Colds and Flu this Winter

We're all more susceptible to illness as we age because our immune systems just aren't as strong as they used to be. But you can give your immunity a boost by choosing certain types of food to include in your regular diet. Their vitamins, minerals and antioxidants can help protect healthy cells and produce antibodies that build up your resistance and ward off infections and viruses.

▪ **Yogurt**

Did you know that 70 to 80% of immunity is directly linked to the digestive system? That's why probiotics (good bacteria) are so important. They keep your gut healthy. Greek yogurt -- or any kind that contains live and active cultures -- are among the best sources of probiotics.

▪ **Spinach**

Spinach is a superfood loaded with vitamins and minerals, including vitamins A and C, fiber, iron, folate, magnesium and beta-carotene -- all of which are particularly good for immunity.

▪ **Broccoli**

Another member of the superfood group, broccoli is packed with healthy nutrients, including antioxidants that increase the production of enzymes that fight the common cold and flu.

▪ **Blueberries**

Blueberries, as well as raspberries, blackberries and strawberries, contain antioxidants that support both the immune and cardiovascular systems.

▪ **Almonds**

The high concentration of vitamin E in almonds, as well as sunflower seeds and dark, leafy greens, has been shown to improve immunity.

▪ **Citrus Fruits**

Oranges and grapefruit are excellent sources of vitamin C, producing antibodies and white blood cells that fight illness and infection. Red bell peppers, tomatoes and strawberries are other good sources.

▪ **Ginger and Green Tea**

Immune cells are less effective when they're inflamed. So the *anti*-inflammatory properties in both ginger and green tea help your immune system fight germs and work more effectively.

Questions for Meals on Wheels? Call us at 205.592.0413.

source: tributeseniorliving.com

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