

Immunity Boosting Food

MAKE YOUR IMMUNE SYSTEM A VIRUS FIGHTING BAD ASS!

Here is your list of foods and vitamins to build your immune system. Buy what you can and get creative! Add new fruits and collagen to a smoothie; add garlic and turmeric to a recipe. Have fun with it and prepare without panicking. It might not be realistic for you to buy everything on the list but taking a few proactive steps to the best of your ability is better than doing nothing.

Vitamin C

Vitamin C encourages white blood cell production, which help protect your body from infection. I'm sure you're aware that vitamin C is great for building immunity, but maybe you didn't know that your body doesn't make vitamin C on its own. Therefore, it is essential to get vitamin C from food and/or vitamins. Most citrus fruits are very high in vitamin C.

Citrus fruits include:

- Oranges
- Clementine
- Tangerines
- Lemons
- Limes
- Grapefruit

Other foods that are high in vitamin C include:

- Red Peppers (bell peppers)
- Kiwi
- Strawberries
- Papaya
- Cantaloupe
- Tomatoes
- Broccoli
- Brussel Sprouts

** (1/2 cup of cooked broccoli or brussel sprouts has around 50 milligrams of Vitamin C.)

More Immune Boosting Foods:

- Garlic- Contains compounds that aid the immune system in fighting germs.
- Turmeric- a spice often found in curry that has been used as an anti-inflammatory
- Ginger- another anti-inflammatory that I love mixing with my smoothies
- Spinach- rich in Vitamin C as well as beta-carotene, which may help our immune system, fight off infection

Protein

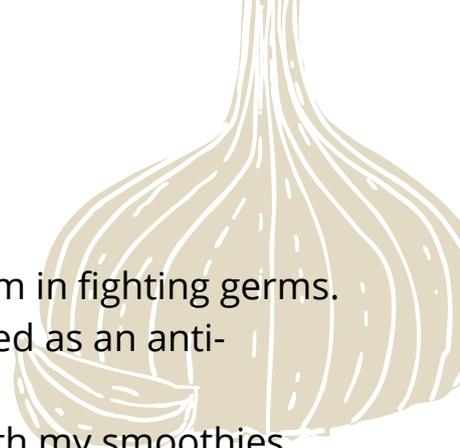
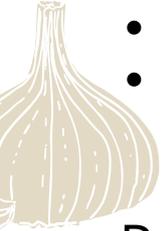
It's also important to get plenty of protein. You might have heard that protein is the building block of life. This is because proteins make up all of our cells from head to toe. For this reason, protein is essential for building new cells and rebuilding broken down cells and connective tissue. Protein also aids the cells in building antibodies that fight infection

Foods that are high in protein include:

- Meat-I try to stick to white meat (chicken & turkey). Red meat is high in protein but also high in saturated fat, so try to stick to lean cuts. Bison is a great option if you're looking for a leaner red meat.
- Seafood
- Dairy-If you eat dairy it can also be a good source of protein. High protein dairy includes powdered whey protein cottage cheese, and yogurt (Greek yogurt is higher in protein than traditional yogurt)

Other options for those of you who don't eat a lot of meat include:

- Beans
- Tofu
- Quinoa
- Lentils
- Peas
- Peanut Butter
- Plant based powdered protein



- Collagen- Last on the list is collagen which is one of my favorite protein sources. Not only is it a great source of protein, but it's done wonders for my skin. Collagen comes in powdered form and can be ordered from Amazon, or found in health food stores and certain grocery stores. I got the collagen I'm currently using on sale at Big Lots for \$9.99 #WINNING

Vitamins/Supplements

To be honest I'm slightly skeptical about high price vitamins because I believe it's better to eat a variety of quality food, so I normally only take Vitamins when my energy is low or I feel like I'm getting sick. In the practice of keeping my immune system a virus fighting bad ass I'm currently taking Vitamin C and Echinacea.

- Vitamin C- My Kroger is having a buy one get one free sale on all vitamins. It might be worth checking out.
- Echinacea- studies have shown that Echinacea can increase white blood cells and reduce inflammation. It can be bought in pill form, or as a main ingredient in many herbal teas.

