

Immune Boosting Nutrition

Nutrition Education
January 2019



Did you know?

While nutrition can help, remember to wash your hands for 30 seconds with soap and water to help reduce bacteria. Also get enough sleep and be active, as general good health can lead to a healthy immune system.

Your immune system does an amazing job protecting you against harmful germs, health problems, and sickness, such as the flu. Nutrition can help play a role in giving your immune system a boost this flu season.

Vitamin E

Vitamin E is known to guard the body by acting as an antioxidant that protects the body from harmful substances. The antioxidant power of vitamin E may help boost your immunity. Sources of vitamin E include cereal, almonds, peanut butter, sunflower seeds, peanuts, and sweet potatoes.

Vitamin A

Vitamin A helps keep your skin and tissues in your stomach, mouth, and intestines healthy. Research has shown, people who are deficient in Vitamin A have an increased risk of infection. Great sources of vitamin A include kale, spinach, carrots, corn, collard greens, eggs, and romaine lettuce.

Probiotics

Research is finding there is a relationship between probiotics and your immune system. Probiotics, also known as the "good" bacteria have been found to help toughen the immune system. You can find probiotics in dairy products such as yogurt, aged cheese, and kefir. You can also find probiotics in sauerkraut and miso.

Vitamin C

Vitamin C is an important nutrient for a healthy body. Vitamin C along with other nutrients is known to help the body make antibodies that boost your immunity. Excellent sources include grapefruit juice, oranges, spinach, tomatoes, bananas, kiwi, and strawberries.

Zinc

Zinc is an important mineral for your body that supports the immune system and wound healing. It is important to get the recommended amount because too much can stop the role of the immune system, while too little zinc can also affect the way your immune system cells work. All you need is 15-25 mg per day. Zinc is found in many foods such as red meat, seafood, eggs, poultry, nuts, baked beans, and black-eyed peas.



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Sudoku

Sudoku is a grid of 9x9 squares, that has been subdivided into nine subgrids of 3x3 squares. The objective is to **enter a number from 1 - 9 in each square**. Make sure that each horizontal row, vertical column, and subgrid contains each number only once.

			6	9			3	
				2	7		9	
2	8				5			
4				5				1
9				4				2
5				6				7
			1				4	3
	2		4	7				
	7			3	9			

N21

1		8	3					7
9			8					2
		4			2	8		
	9						6	
				1				
	1						9	
		2	7			6		
4					3			1
7					8	2		4

N22

		6			9			
4	9					1		
				6	3		2	
			6			9		
8		1				4		6
		3			7			
	8		1	5				
		5					7	8
			3			6		

N23

	7	5	3		1			
						8		
					7		9	
			1	2		4		3
5		4		8	9			
	2		7					
		1						
			5		8	6	7	

N24

7	5	1	6	9	4	2	3	8
3	4	6	8	2	7	1	9	5
2	8	9	3	1	5	6	7	4
4	3	7	2	5	8	9	6	1
9	6	8	7	4	1	3	5	2
5	1	2	9	6	3	4	8	7
6	9	5	1	8	2	7	4	3
8	2	3	4	7	6	5	1	9
1	7	4	5	3	9	8	2	6

N21
easy

1	2	8	3	6	5	9	4	7
9	5	6	8	7	4	3	1	2
3	7	4	1	9	2	8	5	6
2	9	5	4	8	7	1	6	3
6	4	3	5	1	9	7	2	8
8	1	7	2	3	6	4	9	5
5	3	2	7	4	1	6	8	9
4	8	9	6	2	3	5	7	1
7	6	1	9	5	8	2	3	4

N22
easy

7	3	6	2	1	9	8	4	5
4	9	2	7	8	5	1	6	3
1	5	8	4	6	3	7	2	9
5	2	4	6	3	1	9	8	7
8	7	1	5	9	2	4	3	6
9	6	3	8	4	7	5	1	2
3	8	7	1	5	6	2	9	4
6	1	5	9	2	4	3	7	8
2	4	9	3	7	8	6	5	1

N23
moderate

8	7	5	3	9	1	2	4	6
1	4	9	2	5	6	8	3	7
3	6	2	8	4	7	1	9	5
9	8	7	1	2	5	4	6	3
2	1	6	4	7	3	9	5	8
5	3	4	6	8	9	7	2	1
6	2	8	7	3	4	5	1	9
7	5	1	9	6	2	3	8	4
4	9	3	5	1	8	6	7	2

N24
moderate