

# Foods That Boost Your Immune System

**Vitamin C:** guava, papaya, strawberries, kiwi, cantaloupe, oranges, and grapefruit

**Vitamin E:** nuts and seeds

**Carotenoids:** carrots, sweet potatoes, spinach, kale, collard greens, and tomatoes

**Bioflavonoids:** berries, cherries, grapes, true fruit juices, true teas (not herbal teas), grains, celery, parsley, grapefruit, oranges, apple skin, onions, endive, radishes, tomatoes, leeks, broccoli, and red wine

**Zinc:** oysters, crab, beef, turkey (dark meat), and beans

**Garlic:** recipes found in most cookbooks

**Selenium:** tuna, red snapper, lobster, shrimp, whole grains, brown rice, egg yolks, cottage cheese, chicken (white meat), sunflower seeds, garlic, Brazil nuts, and lamb chops

**Omega-3 Fatty Acids:** flax oil and fatty fish (such as salmon, tuna, and sardines)



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