Foods that Boost Your Immune System

**Citrus Fruits**

Vitamin C helps the body fight respiratory diseases and boost the immune system by stimulating the production of white blood cells. Daily intake of Vitamin C is recommended by medical professionals there external sources of Vitamin C are needed to keep up with your daily needs. Some common examples of fruits that contain Vitamin C include orange, lemon, lime, tangerine, and grapefruit.

**Garlic**

Eating garlic has been known to help the body fight off infections. Garlic also helps to lower blood pressure and prevent heart diseases, stroke, and lung cancer. The plant contains over 200 different compounds including allicin (a compound rich in sulfur). Individuals who eat garlic regularly are considered to be generally healthier than those who do not according to medical studies. The compounds contained in garlic help to boost the immune system and prevent infection from harmful bacteria or viruses. It can be easily added to your diet as you could use garlic to cook certain foods or serve them as side dishes.

**Ginger**

Ginger is a common herb that is used among individuals who are ill but little is known of its power to protect from illness. Ginger can be a wonderful pain reliever due to the presence of gingerol (a close relative of capsaicin) which helps to combat chronic pain. The herb is also great for fighting inflammation such as sore-throat and similar diseases. Drinking ginger infused tea or cooking with ginger will be a significant boost to your immune system. Ginger can be easily incorporated into your diet as adding it to your diet will not make much of a difference to your eating habits.

**Broccoli**

Broccoli is the cool member of the vegetable family. It doesn’t get so much press or attract so much attention but it packs a punch when boosting the immune system. There are so many unique ways to enjoy broccoli which makes it an always interesting choice when you are eating it for the health benefits. The healthiest way to enjoy broccoli is raw while it can also be boiled and eaten as part of your meal. The vegetable is rich in Fiber, antioxidants, Vitamins A , C, and E. It is regarded as one of the healthiest vegetables and it is always best to eat them raw instead of cooking as you enjoy more nutrients.

**Dark Chocolate**

Chocolate is one of the most loved types of confectionery. Dark chocolate contains theobromine which is an antioxidant that strengthens the immune system. Antioxidants [4] prevent oxidation and contain free radicals from causing problems within the body. These radicals are capable of damaging cells in the body and causing a variety of terminal diseases. Although they are beneficial to the immune system, it is important to note that dark chocolate must be consumed in moderation. The presence of saturated fat and a high calorie count make it dangerous to consume this chocolate in large quantities. Moderation is key.

**Blueberries**

Blueberries are one of the healthiest berries we have. It contains anthocyanin, a flavonoid with antioxidant properties. Blueberries are also quite effective against the flu and common cold. Antioxidants prevent the occurrence of oxidation which means it controls and limits the actions of free radicals in the body. The berry boosts your immune system against diseases and prevents the occurrences of chronic illnesses caused by oxidation. Research has also shown that individuals who regularly consume food that contains flavonoids are unlikely to contract upper respiratory tract infections.

**Spinach**

Spinach follows the rules of other vegetables that came before it. You are better off eating it raw if you hope to maximise the yummy nutrients contained in the vegetable. Spinach contains beta carotene [5] and other numerous antioxidants that help boost the immune system and prevent infections. The vegetable also has a healthy concentration of Vitamin C which is also good for helping the body to fight respiratory and other infections. Spinach is a great vegetable that should be added to your diet today. It is capable of supplying your nutritional needs and it is a versatile and sweet plant.

**Turmeric**

Turmeric is a commonly used spice especially in Asia and Europe. In some regions, the herb is used in alternative medicine practice due to its healing abilities. Turmeric contains a compound known as curcumin which is known to boost the immune system and help the body fight diseases. The herb also helps to improve the reaction of the immune system and enables prompt responses against harmful agents in the body. Turmeric is a great herbal spice that adds flavors to food but also gives a natural boost to your immune system. If you prefer consuming your turmeric raw or in powder form, there are various recipes you could try out.

**Shellfish**

Lobster, clams, crabs, and mussels are all types of shellfish. Shellfishes are great for boosting the immune system because they contain various vitamins including zinc which helps the body fight various diseases. Zinc helps immune cells function as they are intended and can also help to combat various autoimmune diseases (autoimmune conditions are diseases where cells begin to attack the body instead of diseases). Having an excess amount of zinc is also harmful because it would hinder the functioning of the immune system. The key is to balance your zinc consumption and avoid taking more than the required daily amount.

**Almonds**

Almonds are nuts that contain high levels of Vitamin E which is almost as effective as Vitamin C when battling colds and flus. As a fat-soluble vitamin [6], Vitamin E requires fat to be absorbed by the body easily. This makes the healthy fat content of almonds useful as they allow your body to properly absorb the Vitamins present in the almonds. Almonds will boost your immune system and a handful of almonds is sufficient to reach your daily requirements for Vitamin E. It is a nice addition to your diet and would help improve your immune system.

**Yogurt**

Yoghurts are great for the immune system because they contain the necessary vitamins and minerals to strengthen your body against infections. Greek yoghurt is one of the healthiest types of yoghurt because it has live and active cultures which improve the activity of the immune system. It is also important to note that yoghurts are rich in vitamin D which protects the teeth and bones. When picking yoghurts to incorporate into your diet, ensure you pick those that are unflavoured or plain as they are generally healthier than sweetened yoghurts.

**Red Bell Peppers**

The only rivals of Citrus fruits with regards to Vitamin C are red bell peppers. They are great for the skin and help to improve eyesight. As they are naturally great for the immune system, they help to increase your resistance to diseases. They can be easily incorporated into your diet as you can use them to cool a variety of dishes without much hassle. Red bell peppers are affordable and will easily fit into a healthy diet plan.

For More information or to schedule an appointment:

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