

# How to keep your Immune System Healthy

## Nutrients of Concern

### Vitamin C



*Sources:*  
Citrus foods, berries, melon, tomatoes, bell peppers, broccoli

*Snack/meal ideas:*  
Stuffed bell peppers, roasted broccoli with garlic, fruit salad

### Vitamin D



*Sources:*  
Fish, eggs, milk, and fortified juices

*Snack/meal ideas:*  
Orange juice, salmon with lemon and dill, scrambled eggs

### Zinc



*Sources:*  
Beef, seafood, beans, nuts, tofu, oatmeal, mushrooms

*Snack/meal ideas:*  
Trail mix, fish, bean and mushroom tacos, baked tofu, oatmeal with berries

### Probiotics



*Sources:*  
Yogurt, kimchi, sauerkraut, miso soup, kefir

*Snack/meal ideas:*  
Kimchi rice bowl, yogurt with granola, miso soup, sauerkraut and chorizo