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