



Want to fight off that illness that's spreading around the office or your child's school? Aside from practicing **good hygiene**, boosting your immune system is a great way to start.

Your diet plays a part in strengthening your immune system. Sadly, too many of us don't eat enough of the fresh fruits, vegetables and other foods we need to keep ourselves healthy year-round. You can't just eat an orange or grapefruit and expect one quick burst of vitamin C to prevent a cold. A truly healthy immune system depends on a balanced mix of vitamins and minerals over time, plus normal sleep patterns and a hefty dose of exercise.

With some exceptions, it's best to get your vitamins and minerals from your food rather than in pill form. Here are some tips for getting the top vitamins your immune system needs to perform.

1. Vitamin C -Leafy green vegetables: spinach, kale, Brussel sprouts
2. Vitamin E- Almonds, peanuts, sunflower seeds
3. B6- Bananas, lean chicken breast, tuna, baked potatoes, hummus
4. Vitamin A- carrots, sweet potatoes, cantaloupe
5. Vitamin D- salmon, milk, orange juice, cereals
6. Folic Acid- beans and peas
7. Iron- Lean protein (chicken & turkey), beans, broccoli, kale
8. Selenium- garlic, broccoli, sardines, tuna, barley
9. Zinc- oysters, crab, lean meats, poultry, baked beans, yogurt
10. No Fresh, Eat FROZEN fruits and veggies.