

# BUILDING IMMUNE SYSTEM THROUGH FOODS



## VITAMIN A RICH FOODS

Fruits and vegetables, particularly those that are red, orange, and yellow.



## INCLUDE SOME VITAMIN C

Citrus fruits, kiwi, strawberries, and green leafy vegetables



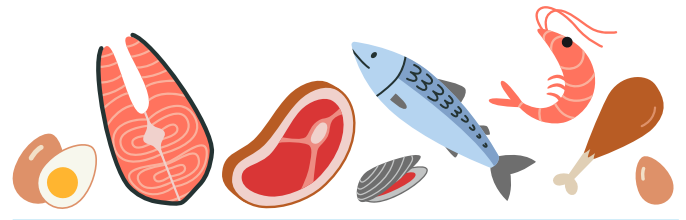
## A HEALTHY DOSE OF VITAMIN B6

Whole grain cereals, legumes, green and leafy vegetables, fish, meat, and poultry.



## HIGH IN IRON

Red meat, fish, chicken, and eggs.



## FOODS CONTAINING ZINC

Animal products such as beef, cheddar cheese, and eggs or plant-based products such as rolled oats, peanuts, and rice.

