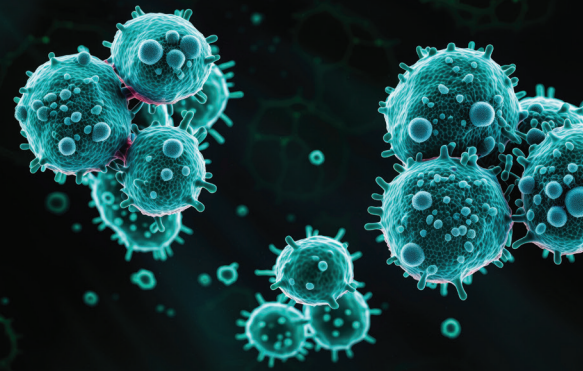


Nutrition for IMMUNE HEALTH

Understanding the vitamins and minerals that support a healthy immune system



Benefits of Vitamins & Minerals for Immune Health

Folate
Vitamins
A, B6, B12, & D
Iron
Zinc

Immune Cell Growth

Micronutrients are needed to build new immune cells and for their proper function.

Vitamins
A, C, D, & E
Zinc
Essential Fatty
Acids

Barrier Function

Micronutrients help maintain and repair skin and mucous membranes.

Vitamins
C & E
Selenium
Zinc

Antioxidants

Micronutrients protect the cells from oxidative damage.

Vitamins
C, D, & E
Zinc
Omega-3s

Anti-inflammatory

Nutrients help reduce inflammation in cells.

Vitamins
A, C, D, E, & K
Zinc

Wound Healing

Micronutrients are needed for tissue repair for skin, tendons, and ligaments.

IMMUNE HEALTH MEANS protection against infectious disease (bacteria, viruses, etc.) and wound healing.

OTHER FACTORS THAT AFFECT IMMUNE HEALTH:

- Daily Multivitamin
- Physical Activity
- Sleep
- Obesity
- Alcohol Consumption
- Smoking



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TOP 10 FOODS FOR IMMUNE HEALTH



1. Tuna

- Vitamins B₆, B₁₂, & D
- Iron
- Selenium
- Omega-3 Fatty Acids



2. Sunflower Seeds

- Folate
- Vitamins B₆, B₁₂, & E
- Copper
- Iron
- Selenium
- Zinc



3. Tofu

- Copper
- Selenium
- Zinc



4. Garlic

- Vitamin C
- Copper
- Iron
- Selenium
- Zinc



5. Spinach

- Folate
- Vitamins A, B₆, C, & E



6. Bell Peppers

- B Vitamins
- Folate
- Vitamins A, C, & E



7. Chicken

- Vitamins B₆ & B₁₂
- Copper
- Selenium
- Zinc



8. Eggs

- Vitamins A, B₆, B₁₂, & E
- Iron
- Selenium
- Zinc



9. Asparagus

- Folate
- Vitamin A
- Copper
- Iron



10. Peas

- Folate
- Vitamins A & C
- Copper
- Iron
- Zinc

A Daily Multivitamin



The Linus Pauling Institute recommends that all adults take a daily multivitamin to supplement a healthy diet.

This is especially important for adults over the age of 50.

How does nutrition influence health?

For more information on this and other health topics, check out the Top 10 Project online:

lpi.pub/Top10Project

lpi.oregonstate.edu/mic/health-disease/immunity-in-brief



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