



Eat your vitamins FOR GOOD HEALTH

Vitamins play a powerful role in supporting the immune system. These three vitamins are some of the best for immune system support:

- **Vitamin D:** Eat foods like fortified milk, cereal and fatty fish, like salmon. Spend 15 minutes a day in the sun to get a good dose of vitamin D. Or take a daily 1,000-4,000 IU supplement.
- **Vitamin C:** Eat citrus fruits, tomatoes, potatoes, strawberries, peppers, broccoli, Brussels sprouts and kiwifruit.
- **Zinc:** Eat red meat, poultry, fortified cereal, whole grains, beans and nuts.

Dietary supplements can also be a good option, but be sure you talk to your doctor first. Dietary supplements can cause undesirable side effects, especially if taken with other medications or if taken in large doses.