

IMMUNITY-BOOSTING Foods

Your immune system is a very finely tuned machine.

While no one food is a magic bullet, eating a variety of these nutrient-rich foods may help your immune system fight infections better.



Citrus & Tomatoes
Sweet Potato & Carrots
Beans & Lentils
Nuts & Seeds
Blueberries & Cherries
Green Vegetables (including fermented)
Lean poultry & Salmon
Low fat milk & yogurt with probiotics
Turmeric & Cinnamon



RED PEPPER HUMMUS
1 (15 ounce) can garbanzo beans, sodium-reduced
Juice of ½ a lemon
1 medium red bell pepper
2 cloves garlic, minced
¼ cup warm water
2 tablespoons low-fat plain yogurt
2 tablespoons olive oil
¼ teaspoon each of salt, pepper, ground cumin

Rinse and drain garbanzo beans under running water. Chop red pepper. Place all ingredients in a blender or food processor. Blend until creamy. Enjoy with fresh veggies.

Source: American Institute for Preventive Medicine