

Supporting Your Immune System

Presentation



✓ 16 slides

✓ Includes recipes

A Healthy Lifestyle

INCLUDE THE FOLLOWING

*Don't Smoke
Eat a Diet High in Fruits & Vegetables
Exercise Regularly
Maintain a Healthy Weight
Get Adequate Sleep
Wash Your Hands!!!
Minimize Stress*



Foods to Help Support the Immune System

CITRUS FRUITS

Contain high amounts of vitamin C, which is thought to increase the production of white blood cells, helping to fight infection.

RED BELL PEPPERS

Also extremely high in vitamin C, but additionally contain beta carotene, which helps convert vitamin A & keep eyes & skin healthy.

BROCCOLI

Has vitamins A, C & E - but also contains fiber and other antioxidants which can help to support a healthy, functioning immune system.

GARLIC

May help the immune system fight germs, likely due to the heavy concentration of sulfur-containing compounds, such as allicin.

STIR FRIED BROCCOLI, RED PEPPER & GARLIC

Ingredients

1 head broccoli, cut into large spears
1 red bell pepper, stem and seeds removed, cut into thin slices
2 Tbs olive or vegetable oil
3-4 cloves garlic, minced
Salt and pepper to taste

Directions

In a medium saucepan, bring 5 cups of water to a boil. Add in 1 tsp of salt and the broccoli. Cook for 1-2 minutes, drain and rinse under cold running water. Drain.

In a large skillet on medium high, heat up 2 Tbs oil. Add the drained broccoli, red bell pepper, minced garlic, mixing to coat. Cook 1-2 minutes seasoning with salt and pepper.