



How to stay 'immune' to getting sick



Vitamin D

Research suggests that people with a vitamin D deficiency are more likely to contract COVID and suffer more severe consequences. Sources of vitamin D are dairy products, fatty fish, or dietary supplementation. Or, your body can make its own vitamin D from safe sun exposure. Limit sun exposure to 20 minutes a day.



Protein

Protein is needed for strong immunity. It helps our bodies to make antibodies, white blood cells, and other disease fighting compounds. Good sources of protein include lean meats, low-fat dairy products, dried beans and lentils.



Vitamin C

Vitamin C impacts immunity in a number of ways. Include a variety of fruits and vegetables in your diet daily. Sources of vitamin C include peppers, berries, broccoli, citrus fruits, and spinach.



Iron & Zinc

Iron is vital for the normal functioning of immune cells. Zinc may reduce severity of COVID. Add berries to iron-fortified cereals to boost iron absorption or include peppers and tomatoes in bean dishes. Add whole grains to your diets such as oatmeal, whole-wheat pasta, or bran cereal, for adequate zinc and fiber.



Sleep & Exercise

Getting sufficient sleep, reducing stress, and regular exercise improve our immune systems. Aim to accomplish these things every day.



Water

Drink plenty of water. Water helps keep mucous membranes moist, which helps protect our lungs and gut from harmful bacteria. Aim for at least 6 to 8 cups of water daily.



ADSS Nutrition Team, Spring FY21