

Nutrition for Immune Support & Infection Prevention

By Meredith Crow, MA, RD, LD, The Mayflower Community

1. Wash Your Hands:

- Soap & Water for at least 20 seconds
- Before Every Meal, Snack, or Nibble

2. Drink Water:

- Minimum Requirements: 64 ounces daily
- Many People Require more than 64

3. Eat the Rainbow:

- Focus on Fruits & Vegetables
- Variety of Color is Key:
 - Different Colors Provide Different Vitamins and Minerals

- Red/Orange:

- Red/Orange Bell Peppers, Sweet Potato, Carrots, Butternut and Acorn Squash, Tomatoes, Pumpkin, Beets, Radishes, Rhubarb
- Strawberries, Raspberries, Oranges, Grapefruit, Cherries, Pomegranate, Apricots, Cantaloupe, Apples
- Rich in Vitamins: A, C, & B complex
- Rich in Minerals: Calcium, Potassium, & Iron
- Provides Lycopene: an antioxidant

- Yellow:

- Yellow Summer Squash, Yellow Bell Peppers, Sweet Corn
- Bananas, Lemons, Mangos, Peaches/Nectarines, Pineapple
- Provides Lutein: a carotenoid

- Green

- Dark Leafy Greens: Spinach, Kale, Collard Greens, Arugula, Watercress
- Asparagus, Broccoli, Brussels sprouts, Cabbage, Celery, Cucumbers, Peas, Zucchini
- Kiwi, Limes, Green Grapes, Honeydew, Apples
- Rich in Vitamins A, C, & K
- Rich in a Variety of “Phytochemicals” including:
 - ❖ Carotenoids, Antioxidants, Indoles, & Saponins

- Blue/Purple:

- Cabbage, Eggplant, Purple Potatoes
- Blackberries, Blueberries, Red Grapes, Plums/Prunes, Elderberries, Raisins
- Provides Anthocyanin: an antioxidant

- White:

- Cauliflower, Garlic, Ginger, Artichokes, Jicama, Mushrooms, Onions, Parsnips, Potatoes, Shallots, Turnips
- Rich in Vitamins: C, K, E, & B complex
- Provide Minerals: Potassium, Magnesium, & Calcium
- Known for Antibacterial/Antiviral Properties

- Want More Info: Check out the Following Article:



o <https://www.todaysdietitian.com/newarchives/110308p34.shtml>



4. Supplements to Augment Healthy Diet & Hydration:

- Vitamin C
- Zinc
- Garlic
- Elderberry
- Turmeric
- Green Tea