

Preparing for Battle with Proper Nutrition

What's an immune system?

- The immune system is the body's defense against infectious organisms and other invaders.
- With your help, your child can be prepared to fight off any invaders while staying healthy, happy, and strong!



Other Immune System Building Ideas:

- Encourage your child to drink plenty of fluids - this helps their body run optimally to fight bacteria and viruses!
- Make a consistent bedtime to ensure that you child is getting at least 8 hours of sleep each night - they'll need the strength to run away from the flu!

Here are 7 foods you can use to build your child's immune system:

Berries

Great source of antioxidants and immune boosting nutrients, such as vitamin A & C.

Garlic

Contains anti-viral and anti-bacterial properties, and stimulates immune cell and antibody production

Kale & Spinach

Contain immune boosting nutrients such as vitamin A, E, C, and K, folate, manganese, zinc, selenium, and iron

Sweet Potatoes

Contain beta-carotene, which increases the number of white blood cells and the activity of killer cells

Cinnamon

Contains antiviral properties that can help fight off colds and the flu - also a great source of fiber, manganese, calcium, iron, and vitamin K.

Yogurt

Particularly Greek yogurt, contains good bacteria that boosts immunity and aids in digestion.

Cantaloupe

Contains a mega dose of vitamin C that helps white blood cells ward off infection



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