



Best foods to boost your immunity

The global pandemic circulating throughout society has led us all to be much more diligent with our hygiene to ensure we all stand the best chance of contracting Covid-19. However, the immune system can also be strengthened from the inside out. Certain foods and drinks provide a natural immunity boost to help keep you out of bed and get on with the things you need and want to do.

Some interesting facts:

- 45% of employees said the most common reason for going to work when ill or under the weather is not wanting to let your team down
- The human immune system is our protector, its job is to defend the body against diseases and other damaging foreign bodies
- Your immune system may suffer from lack of sleep
- Sunlight (vitamin D) helps to boost your immune system
- Lasting stress is detrimental to your immune system
- Exercise and diet boost your immune system

Although this is not an extensive list – here are some suggested foods to get you started.

Remember always aim for a healthy balanced diet, plenty of exercise and find time to relax. If you have certain medical issues, you may be asked to avoid some of these foods by your Health Care professional.

Whole grains (Good source of B Vitamins, antioxidants and fibre for gut health):

- Whole wheat pasta
- Brown/wild rice
- Whole grain bread
- Quinoa
- Oats
- Buckwheat
- Bulgur
- Corn
- Rye
- Spelt

Good fats – Omega-3's and Omega-6's. Oily fish is a source of Vitamin D:

- Oily fish
- Nut (walnuts and almonds)
- Seed oils
- Olives and olive oil
- Avocados

Green and orange vegetables (full of antioxidants, B vitamins, Beta-carotene and Vitamin C):

- Spinach
- Curly kale
- Broccoli
- Cabbage
- Carrots
- Sweet Potato
- Peppers
- Squash
- Pumpkin

Fruit aim for 2 different colours a day (for a range of vitamins and antioxidants):

- Blackcurrants
- Oranges
- Bananas
- Strawberries
- Tomatoes
- Red and black grapes
- Blueberries
- Kiwis
- Pineapple

Protein Rich foods:

- Pulses (lentil, beans, chickpeas)
- Lean meat
- Fish
- Nuts and seeds
- Eggs
- Natural yoghurt

Add, garlic spices and herbs to your dishes instead of salt, not only for flavour, but many have unique properties

T: 07778 218009

WWW.THEHEALTHYEMPLOYEE.CO.UK / OFFICE@THEHEALTHYEMPLOYEE.CO.UK