

Immune Boosting Foods

Vitamin A

Important for gastrointestinal and respiratory health

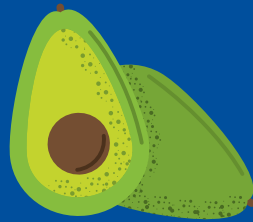
- Carrots
- Spinach
- Sweet Potato
- Broccoli
- Bell Peppers



Vitamin E

Antioxidants can protect our cells by eliminating free radicals in the body that can damage cells

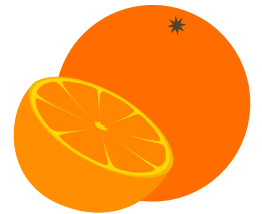
- Nuts
- Seeds
- Avocado
- Vegetable oils



Vitamin C

Stimulates the formation of antibodies that fight off viruses and infections

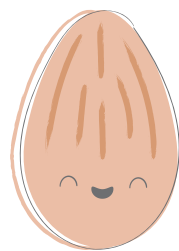
- Broccoli
- Citrus Fruit
- Guava
- Red bell peppers
- Kiwi



Zinc

Promotes immune function; our bodies have many zinc-dependent enzymes

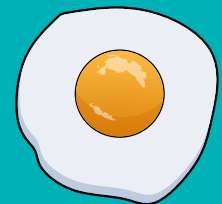
- Beans
- Seeds
- Nuts
- Meat
- Poultry
- Seafood



Protein

Contain amino acids that are essential for the functions of cells to protect our bodies from pathogens

- Beans
- Nuts
- Seeds
- Eggs
- Meat





NOURISH UNH: WHAT'S COOKING?



LENTIL BOLOGNESE

Ingredients:

- 1 can of lentils
- 1 jar of spaghetti sauce/marinara sauce
- 1 finely diced onion
- Olive oil
- 1 box of pasta (any kind)
- Red pepper flakes (optional)
- Dried basil (optional)

Directions:

1. Cook pasta in salted water.
2. Heat a skillet with olive oil and saute finely diced onion until translucent.
3. Add in the drained and rinsed can of lentils.
4. Pour the spaghetti sauce over the mixture. Stir together gently and allow to simmer.
5. Option to add in additional herbs or spices, such as red pepper flakes and basil.
6. Add cooked pasta to the dish, mix together, and serve.

*Recipe from the UNH Nourish Peer Educators
Image from Tasty.co*



TROPICAL SMOOTHIE

Ingredients:

- 1 cup frozen tropical fruit such as mango and pineapple
- 1 cup fresh spinach
- 1/2 cup orange juice
- 1/2 cup of your choice of milk or milk substitute
- 1/2 cup Greek yogurt

Directions:

1. Put all ingredients in a blender.
2. Add more liquid (milk or juice) if necessary.
3. Serve and enjoy!

Recipe from the UNH Nourish Peer Educators

Immune Boosting Nutrition Facts

- Milk/Greek yogurt are great sources of protein to keep you full
- Citrus fruit, such as the freshly squeezed orange juice is an example of vitamin C rich foods which increase production of white blood cells to help fight infection



University of New Hampshire
Health & Wellness