



KEEP YOUR IMMUNE SYSTEM HEALTHY!

#BeStrongFromInside



WHAT IS IMMUNITY? It is the ability of your body to resist a particular infection or toxin by the action of specific antibodies or sensitized white blood cells. A healthy immune system is essential to help the body fight against various infections & attacks by virus, bacteria etc. Thus, it is extremely important to focus on your immunity when you are sick & equally **WHEN YOU ARE NOT!** Your daily nutrition can play a very important role in boosting your immunity. Here are some of the key **IMMUNONUTRIENTS** & their natural sources.

ZINC

Essential mineral that decreases susceptibility to infections

EGGS, DAIRY PRODUCTS, ALMONDS, KIDNEY BEANS, PEAS ETC.

VITAMIN A

Regulates antibodies & acts as an immune modulator

GREEN LEAFY VEGGIES & FRUITS LIKE PAPAYA, MANGO, CARROT ETC.

VITAMIN C

Antioxidant that protects the body against damaging oxidising agents

DRUMSTICK LEAVES, AMLA, AGATHI, GUAVA, LIME & ORANGE

VITAMIN E

Antioxidant - body's first line of defence against lipid oxidation

VEGETABLE OIL, NUTS & WHOLE GRAMS

SELENIUM

Antioxidant- maintenance of defence against infection

WHOLE GRAINS, LOW FAT MEAT, SEAFOOD, DAIRY PRODUCTS, CEREALS & MILLETS.

IRON

Deficiency negatively influences normal defence system against infections

BAJRA & RAGI, DARK GREEN LEAFY VEGGIES & LIVER

AYURVEDIC WISDOM:



Our traditional knowledge on the benefits of some herbs & spices have been known to support a healthy immune system. Some of these include: ginger, garlic, turmeric, tulsi, ashwagandha, mulethi & honey to help boost our immune system. Including these foods in your regular, balanced diet can prove to be beneficial.