



## Boost Your Immune System

### SUNSHINE TRAIL MIX

**YIELD: 8 (1/4 CUP) SERVINGS**

1/3 CUP PUMPKIN SEEDS

1/3 CUP SUNFLOWER SEEDS

1/3 CUP ALMONDS

1/4 CUP DRIED CHERRIES

1/4 CUP DARK CHOCOLATE  
CHIPS

1/3 CUP GOJI BERRIES

MIX ALL INGREDIENTS  
TOGETHER UNTIL FULLY  
COMBINED & ENJOY!



## Flu Fighting Tips

1. Increase your water intake.
2. Exercise!
3. Eat a variety from all food groups.
4. Get enough sleep each night!
5. Manage your stress levels.

## Nutritional Navigation

Eating for Immune  
Health

*contact for questions*

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# Natural Antibacterials



GINGER: HAS BEEN SHOWN TO FIGHT MANY STRAINS OF BACTERIA AND HAVE ANTI-INFLAMMATORY PROPERTIES.

GARLIC: CAN BE EFFECTIVE AGAINST MANY FORMS OF BACTERIA INCLUDING SALMONELLA AND E. COLI.



HONEY: BECAUSE OF ITS NATURAL HYDROGEN PEROXIDE CONTENT, HONEY HAS BEEN USED TO TREAT WOUNDS AND FIGHT OFF INFECTIONS FOR CENTURIES.



OREGANO: ACTS AS AN ANTIOXIDANT TO BOOST THE IMMUNE SYSTEM AND HAS ANTI-INFLAMMATORY PROPERTIES.



## Key Nutrients



## In foods like...

Vitamin C- stimulates the formation of antibodies that fight off bacteria.

oranges, tomatoes, peppers, mangoes, kiwi, berries, thyme, grapefruit, citrus fruits, kale

Vitamin A- protects by keeping the skin and tissues in the mouth, stomach, intestines, and respiratory system healthy.

milk, eggs, liver, fish oils, leafy greens, orange and yellow vegetables, tomatoes

Vitamin E- works as an antioxidant to reduce free radicals in the body.

almonds, hazelnuts, peanuts, sunflower seeds, spinach, broccoli

Zinc- helps to heal wounds and keep the immune system running properly.

beans, nuts, seeds, oysters, chicken, red meats, seafood, fortified cereals

Protein- part of the body's defense mechanism (muscles, skin, tissues).

beans, chicken, turkey, beef, pork, eggs, nuts, seeds, cheese, milk, lentils, whole grains

Probiotics- help to keep the gut healthy and formation of good bacteria.

kefir, kombucha, sauerkraut, yogurt, pickled foods

\*Key ingredient: live cultures