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Support Your Health with Nutrition in 2021

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<span style="font-size: 14px;"><br /><span style="font-family: roboto; font-size: 18pt;">It is a known fact that good nutrition is essential to a strong immune system, which may offer protection from seasonal illness and other health problems. Don&rsquo;t be deceived, no one food or supplements can prevent illness but you may help support your immune system by including the following nutrients in your overall eating plan on a daily/regular basis.</span></span></div>

<div style="text-align: justify; line-height: 1.5;"><span style="font-size: 18pt; font-family: roboto;"><br /><strong> Protein:</strong> Proteins defend the body against disease, when the body detects a foreign agent in the body, it manufactures antibodies, giant protein molecules designed specifically to combat them. This made protein play a role in the body&rsquo;s immune system, especially for healing and recovery. Eat a variety of protein foods including beans, peas, lentils, soy products, seafoods, lean meat, poultry nuts and seeds.<br /><strong> Vitamin A</strong>: it is also vital in maintaining good immune system, Vitamin A participates in protein synthesis and cell differentiation, this action helps protect against infections by keeping skins and tissues in the mouth, stomach, intestines and respiratory system healthy. <strong>Foods rich in vitamin A include red bell pepper, carrots, fish liver oils, milk and milk products, eggs, tomato juice, banana, orange, strawberries, watermelon, mango, sweet potatoes, apricots and foods labeled &ldquo;vitamin A fortified&rdquo; such as some cereals.</strong></span></div>

<div style="text-align: justify; line-height: 1.5;"><span style="font-size: 18pt; font-family: roboto;"><strong><br />Vitamin C</strong>: White blood cells, part of the body&rsquo;s immune defenses, contain the highest Vitamin C concentration of all body constituents. It also supports the immune system by stimulating the formation of antibodies. Include more sources of this healthy <strong>vitamin by choosing pineapple, oranges, strawberries, tomato juice, red pepper, grapefruits, tangerines, papaya or foods fortified with vitamin C such as some fortified cereals</strong>.</span></div>

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<div style="text-align: justify;"><span style="font-size: 14px;">Read more:&nbsp;<a href="nutrisoft.xyz/article/how-much-protein-should-i-eat/" target="\_blank" rel="noopener">Read more:&nbsp;How Much Protein Should I eat</a></span></div>

<div style="text-align: justify; line-height: 1.5;"><span style="font-size: 14px;"><br /><strong><span style="font-size: 18pt;">Vitamin E</span></strong><span style="font-size: 18pt;">: Vitamin E is an important part of the body&rsquo;s antioxidant network and may support immune function.

Include **vitamin E** in your diet with peanuts, peanut butter, almonds, avocado, wheat germ, fortified cereals, sunflower seeds, vegetable oils (such as sunflower or safflower oil, hazelnuts etc.)

**Zinc** is hard to name a body process or structure that isn't affected either directly or indirectly by zinc. It helps the immune system work properly and may help wounds heal. Include zinc in your diet with plain yoghurt, white rice, cheeses, beef roast, sunflower seeds, poultry, milk, seafood, beans, seeds and nuts.

**Vitamin B6** it helps support normal immune function and the regulation of gene expression. Low vitamin B6 levels have been observed in inflammatory diseases such as cardiovascular disease, inflammatory bowel disease, diabetes and rheumatoid arthritis. Include vitamin B6 in your diet with beef, beans, banana, cheese, potato, oatmeal.

**Folate** one of the key functions of folate include the formation of the neuro transmitters serotonin, norepinephrine and dopamine in the brain. Folate also may help maintain normal blood pressure and reduce the risk of developing colon cancer (Sakakeeny et al, 2012). Folate rich foods include avocado, lentils, orange juice, beef, fortified cereals. Vitamin D: Recent studies suggest that vitamin D helps regulate the immune function and the secretion of several hormones like insulin and renin. Food sources of Vitamin D are fatty fish, cod liver oil, fortified milk, and some fortified breakfast cereals. Obtaining the highlighted nutrients through food is preferred, to know to add the highlighted nutrients to your food, you can make use of our platform to [ask a nutritionist how.](nutrisoft.xyz/ask-clinical-nutritionist)

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References  
Sakakeeny L and others. Plasma pyridoxal-5-phosphate is inversely associated with systemic markers of inflammation in a population of U.S. adults. J Nutr. 2012;142:1280.

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