

# Top 10 Immune Boosting foods

## Vitamin C

Capsicum  
Guava  
Leafy Greens  
Kiwi Fruit  
Oranges  
Pineapple and Papaya  
Strawberries/berries  
Tomato (cooked)  
Broccoli/brassicas  
Snow peas

## Vitamin D

Sunlight  
Egg yolks  
Bone broth  
Salmon  
Sardines  
Mushrooms  
Fortified foods

## Vitamin A

Liver, pate  
Cod Liver oil  
Egg Yolks  
Butter  
Double Cream  
Sweet potato  
Carrots  
Dark leafy greens  
Cos Lettuce  
Butternut/pumpkin

## Zinc

Oysters/shellfish  
Beef  
Pepitas  
Sunflower seeds  
Pork and Chicken  
Cashew/other nuts  
Cashews/nuts  
Cacao/dark choc  
Spinach  
mushrooms

## Omega 3s

Fish oil  
Cod Liver oil  
Salmon  
Fish roe  
Sardines/tinned fish  
Seafood  
Tempeh/miso  
Walnuts  
Chia/flaxseeds  
Flaxseed oil

## Magnesium

Leafy greens  
Pepitas/nuts & seeds  
Fish  
Beans and lentils  
Brown rice/ wholegrains  
Avocado  
Greek Yogurt  
Bananas  
Figs/dried fruit  
Dark Chocolate

## Folate

Dark leafy greens  
Asparagus  
Legumes  
Chickpeas  
Sweet potato  
Beetroot  
Avocado  
Rock melon  
Mango  
Carrots

## Vitamin B12

Liver  
Sardines  
Beef/meat  
Salmon  
Trout  
Eggs  
Greek Yogurt/Dairy  
Chicken  
Pork/ham  
Nutritional yeast

## Top 10 Allstars – yeah baby! 😊

Bone broth	Seeds – pumpkin and chia
Cod Liver oil	Salmon
Liver (pate)	sweet potato
Green Leafy vegetables	Sardines
Eggs	Garlic

