

# NUTRIENTS THAT SUPPORT YOUR IMMUNE SYSTEM



Choose foods rich in nutrients

## BETA CAROTENE

Orange, Red, Dark Green  
Fruits and Vegetables  
Eggs and fortified foods

## VITAMIN C

Citrus fruits,  
strawberries, broccoli  
kiwi, tomatoes, melons  
and red bell peppers

## VITAMIN D

Fatty fish, Eggs,  
Fortified Dairy Foods

## VITAMIN E

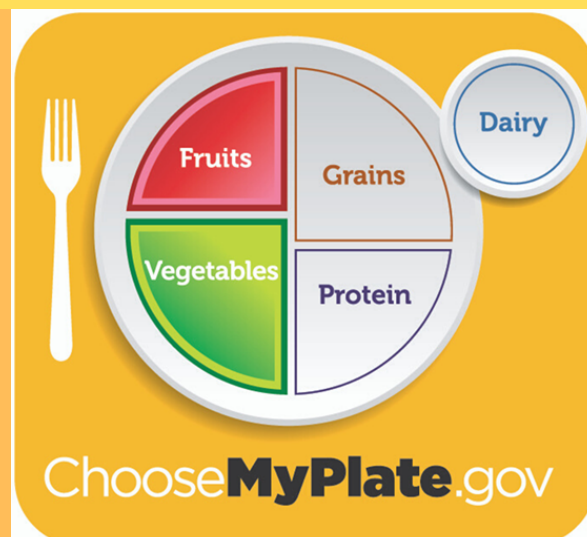
Nuts, Seeds, Nut butters,  
Avocados, Spinach,  
Vegetable oils

## PROTEIN

Meat, Seafood, Poultry,  
Dairy, Eggs, Nuts, Seeds,  
Beans, Peas, Soy

### Aim for:

1-2 cups of fruit  
2-3 cups of veggies  
2-3 cups dairy  
2 servings fish/week



TEXAS A&M  
**AGRI**LIFE  
EXTENSION