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Support Your Health with Nutrition in 2023

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<h2 style="text-align: justify; line-height: 1.5;"><span style="font-size: 14px;"><span style="font-family: lato; font-size: 18pt;">1. Introduction</span></span></h2>

<div style="text-align: justify; line-height: 1.5;"><span style="font-size: 14px;"><span style="font-family: roboto; font-size: 14pt;">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't be deceived, no one food or supplement 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>

<p style="text-align: justify; line-height: 1.5;"><span style="font-size: 18pt; font-family: roboto;"><span style="font-family: lato;">2. Protein</span><br /><span style="font-size: 14pt;">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's immune system, especially for healing and recovery. Eat a variety of protein foods including beans, peas, lentils, soy products, seafood, lean meat, poultry nuts, and seeds.</span></span></p>

<p style="text-align: justify; line-height: 1.5;"><span style="font-size: 18pt; font-family: roboto;"><span style="font-family: lato;">3. Vitamin A</span><br /><span style="font-size: 14pt;">It is also vital in maintaining a good immune system, Vitamin A participates in protein synthesis and cell differentiation, this action helps protect against infections by keeping skin 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></span></p>

<p style="text-align: justify; line-height: 1.5;"><span style="font-size: 18pt; font-family: roboto;"><strong><span style="font-family: lato;">4. Vitamin C</span><br /><span style="font-size: 14pt;">Vitamin C</span></strong><span style="font-size: 14pt;">: White blood cells, part of the body'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></span></p>

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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>

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<h2 style="text-align: justify; line-height: 1.5;"><span style="font-size: 14px;"><strong><span style="font-size: 18pt;">5. Vitamin E</span></strong></span></h2>

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

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<p style="text-align: justify; line-height: 1.5;"><span style="font-size: 18pt;"><strong><span style="font-family: lato;">6. Zinc</span><br /></strong><span style="font-size: 14pt;">It is hard to name a body process or structure that isn&rsquo;t affected either directly or indirectly by zinc. It helps the immune system work properly and may help wounds heal. <strong>Include zinc in your diet with plain yogurt, white rice, cheeses, beef roast, sunflower seeds, poultry, milk, seafood, beans, seeds, and nuts.</strong></span></span></p>

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<p style="text-align: justify; line-height: 1.5;"><span style="font-size: 18pt;"><span style="font-family: lato;">7. Vitamin B6</span><br /><strong>I</strong><span style="font-size: 14pt;">t 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.<strong> Include vitamin B6 in your diet with beef, beans, banana, cheese, potato, and oatmeal.</strong></span></span></p>

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<p style="text-align: justify; line-height: 1.5;"><span style="font-size: 18pt;"><strong>8. Folate<br /></strong><span style="font-size: 14pt;">One of the key functions of folate includes the formation of the neurotransmitters, 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). <strong>Folate-rich foods include avocado, lentils, orange juice, beef, and fortified cereals.</strong></span><br /><span style="font-size: 14pt;">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.</span><br /><span style="font-size: 14pt;"><br /></span></span></p>

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<div style="text-align: justify;"><span style="color: #000000; font-family: 'Open Sans', sans-serif; font-size: 16.7px; text-align: left;">By</span><span style="color: #0000ff;"><span style="font-family: 'Open Sans', sans-serif; font-size: 16.7px; text-align: left;">&nbsp;</span><a style="font-family: 'Open Sans', sans-serif; font-size: 16.7px; text-align: left; background-color: #ffffff;" href="https://www.twitter.com/michaelin007" target="\_blank" rel="noopener">Olayemi Michael</a><span style="font-family: 'Times New Roman', serif; font-size: 12pt; text-align: center;">&nbsp;</span></span></div>

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