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Support Your Health with Nutrition in 2023

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<h2 style="text-align: justify; line-height: 1.5;">1. Introduction</h2>

<div style="text-align: justify; line-height: 1.5;">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.</div>

<p style="text-align: justify; line-height: 1.5;">2. Protein
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.</p>

<p style="text-align: justify; line-height: 1.5;">3. Vitamin A
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. 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 “vitamin A fortified” such as some cereals.</p>

<p style="text-align: justify; line-height: 1.5;">4. Vitamin C
Vitamin C: 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 vitamin by choosing pineapple, oranges, strawberries, tomato juice, red pepper, grapefruits, tangerines, papaya, or foods fortified with vitamin C such as some fortified cereals.</p>

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<div style="text-align: justify;">Read more: Read

more: How Much Protein Should I eat</div>

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<h2 style="text-align: justify; line-height: 1.5;">5. Vitamin E</h2>

<div style="text-align: justify; line-height: 1.5;">Vitamin E is an important part of the body’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.</div>

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<p style="text-align: justify; line-height: 1.5;">6. Zinc
It 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 yogurt, white rice, cheeses, beef roast, sunflower seeds, poultry, milk, seafood, beans, seeds, and nuts.</p>

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<p style="text-align: justify; line-height: 1.5;">7. 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, and oatmeal.</p>

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<p style="text-align: justify; line-height: 1.5;">8. Folate
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). Folate-rich foods include avocado, lentils, orange juice, beef, and 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.

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<div style="text-align: justify;">By Olayemi Michael </div>

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font-size: 16.7px; text-align: left;"> </div>

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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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