

# SUPPORT YOUR IMMUNE SYSTEM WITH GOOD NUTRITION

There are times when it's essential to strengthen your immune system. Good nutrition plays a vital role by providing key nutrients for immune health support.

## ANTIOXIDANTS

Vitamins C & E to help protect immune system cells



## ZINC

Needed for production of new immune system cells



## PROTEIN

Essential macronutrient for the creation of antibodies and immune system cells



## VITAMINS A & D

Help regulate immune system function



## ADDITIONAL IMMUNE HEALTH HABITS\*



Wash your hands often for at least 20 seconds



Avoid close contact with people who are sick



Avoid touching your eyes, nose, and mouth



Stay home when you're sick



Use a tissue when coughing or sneezing



Disinfect surfaces and frequently touched objects



## ORAL NUTRITION SHAKES HAVE NUTRIENTS THAT CAN HELP SUPPORT IMMUNE HEALTH

Sometimes it's hard to get enough of all the immune system supporting nutrients you need from your diet alone. Drinking oral nutrition shakes is a convenient way to help supplement your diet. Look for shakes that contain the key nutrients protein, vitamin A, antioxidants, zinc and vitamin D.

\* Centers for Disease Control and Prevention