



## **7 Foods That Boost the Immune System in Winter**

Feeding your body certain foods may help keep your immune system strong. If you're looking for ways to prevent colds and other infections why not plan your meals to include these 7 powerful immune system boosters.

### **Some examples are:**

- 1. Citrus fruits** - rich in vitamins and plant compounds. They're a good source of fibre
- 2. Papaya**- contain an enzyme called papain that aids digestion
- 3. Kiwi fruits** - full of nutrients like vitamin C, vitamin K, vitamin E, folate, and potassium
- 4. Ginger** - may help decrease inflammation, which can help reduce a sore throat and inflammatory illnesses. Ginger may help with nausea as well
- 5. Spinach** - eating this leafy green veggie may benefit eye health, reduce oxidative stress and reduce blood pressure levels among other health functions
- 6. Broccoli** - is a good source of fibre and protein, and contains iron, potassium, calcium, selenium and magnesium as well as the vitamins A, C, E, K and a good array of B vitamins including folic acid
- 7. Garlic** - rich in vitamin C, vitamin B6 and manganese. It also contains trace amounts of various other nutrients.



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