

# SUPPORTING YOUR IMMUNE SYSTEM

Many nutrients support the immune system, including:

- Protein
- Vitamins A, C, and E
- Zinc
- Probiotics

To get these nutrients:

- Eat a balanced diet of **proteins** (meat, seafood, eggs, beans, and peas), **carbohydrates** (especially whole grains), and **fats** (especially in seeds and oils).
- Choose a variety of **fruits and vegetables** in different colors. Try to include a fruit or vegetable at every meal or snack.
- Add in some **fermented foods and drinks**, such as yogurt, sauerkraut, tempeh, kimchi, and kombucha.

You should also **get plenty of sleep, manage stress**, and — most importantly — **wash your hands!**



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