Immune Boosting Nutrients

**Vitamin C**
Prevents disease and helps heal body

**Vitamin E**
Plays an important role in immune system response and daily functions

**Vitamin A**
Essential for immune system development, function, regulation of immune responses, etc.

**Zinc**
Essential in protein growth, development, wound healing, and immune support

**Vitamin D**
Helps maintain strong bones and initiate immune response to fight viruses and bacteria

**Selenium**
Regulates immune responses and inflammation

For more information visit: https://www.ift.org/news-and-publications/blog/2020/immune-health-blog

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