



INDIAN DIETETIC ASSOCIATION

# IMMUNO BOOSTERS IN EVERYDAY FOODS

## INTRODUCTION

- The idea of boosting your immunity is enticing and possible.
- The immune system is a system, not a single entity. To function well, it requires balance and harmony.
- No one food/supplement can prevent illness. However, it is prudent to include some specific nutrients on a regular basis.

## HYDRATION

Hydration helps to relieve congestion and flushing of toxins and maintain the mucus membrane of the nose and upper respiratory tract intact



**Sources:** Plain Water, Coconut Water, Nimbu Pani, Green Tea, Herbal Tea, Infused Water, Soups, Milk, Buttermilk, Unsweetened & Unsalted Drinks, Fruits and Vegetables

## PROTEINS

Plays a role in the body's healing & recovery



**Sources:** Soy Products, Unsalted Nuts and Seeds, Beans and Pulses, Eggs and Poultry, Lean Meat, Fish & Sea Food, Milk And Milk Products

**Various Recipes :** • Curries – Veg & Non Veg • Sprouted Salads • Dals & Dal Soups • Snacks • Milkshake • Curds • Paneer, And Cheese

## OMEGA 3 FATTY ACIDS

Enhances the function of Immune Cells



**Sources:** Chia Seeds, Walnuts, Pumpkin Seeds, Watermelon Seeds, Sunflower Seeds, Fish like Mackerel, Tuna, Salmon, Bombay, Rani Fish

**Various Recipes :** • Smoothies • Curry • Raw or lightly roasted seeds • Drinks • Chutney

## VITAMINS

### Vitamin A

Protects by keeping skin & tissues in the mouth/ stomach/ intestines & respiratory system healthy.



**Sources:** Sweet Potatoes, Carrots, Mango, Papaya & Apricots, Eggs, Glv's: Spinach, Milk & Milk Products

**Various Recipes :** • Curries, Salads, Juices, Pickles • Chutney, Soups • Cut fruit, Juices, Shakes, Jams, Jellies • Milk, Shakes, Sweets



## VITAMINS

### Vitamin D

Antimicrobial Effects, Reduces Proinflammatory Cytokines and Promotes Healthy Gut Microbiota



**Sources:** Milk & Milk Products, Sunlight exposures between 11 am-1 pm (Exposure of 18% of Body), Fatty Fish, Eggs, Liver

## VITAMINS

### Vitamin E

Acts As An Antioxidants & Radical Scavenger and Helps In Modulating the Host Immune Responses In Elderly



**Sources:** Sunflower Seeds, Safflower Seeds, Garden Cress Seeds, Flax Seeds, Almonds, Pistachio

**Various Recipes :** Roasted / Soaked Seeds, Salads, Drink & Smoothies, Dry Chutney Folate-Idli, Dosa

## VITAMINS

### Vitamin B6

Intestinal Immune Regulation, Cytotoxic Activity, Reduces Inflammation, Amino Acid Synthesis & Metabolism



**Sources:** Soyabean, Lentil, Masoor Dal, Whole moong, Val, Banana, Drumstick Leaves, Fenugreek Leaves, Garlic, Ginger Fresh, Curry Leaves, Green Chilli, Methi Seeds, Jeera Seeds, Whole Wheat Flour, Brown Rice, Parboiled or Ukada Rice, Barley, Jowar, Bajra, maize

**Various recipes :** Dal, Whole pulses, Curries, Bhaji • Banana Bread, Banana Milkshake, • Curry leaves Chutney, Idli Dosa, Sambhar, Chikki, Mixed Nuts Milkshakes

## VITAMINS

### Vitamin B9

Cytotoxic Activity, Antibody Production & Metabolism, Antibody Response To Antigens



**Sources:** Soyabean, Matki, Rajma, Lentil, Masoor dal, Chawli, Dal, Black chana, Mango, Papaya, Spinach, Fenugreek Leaves, Amaranth Leaves, Beet Root, Fresh Peas, Capsicum, Drumstick, Walnut, Pistachio, Groundnut, Til Seeds, Flax Seeds, Sunflower Seeds

**Various Recipes:** Dal, Whole Pulses, Curries, Bhaji • Vegetable Chilla, Curry Leaves • Chutney, Idli Dosa, Sambhar, Chikki,

## VITAMINS

### Vitamin B12

Gut microbiota, T-Cell Production, Immunomodulator, Intestinal Immune Regulation



**Sources:** Fish, Meat, Poultry, Eggs, Milk, and Milk Products.

**Various Recipes :** • Boiled Eggs • Omelette • Poached Eggs • Curries • Milkshakes and Smoothies

## VITAMINS

### Vitamin C

Simulates Antibody Formation, Supports Cellular Functions



**Sources:** Green Leafy Vegetables, Citrus Fruits (Amla, Guava, Oranges, Grape Fruit), Papaya, Strawberries & Raw Mango, Capsicum, Lemon

**Various recipes :** • Curries, Chutney, Soups • Cut fruit, Juices, Shakes, Jams, Pickles, Mouth Freshener • Salad, Pickles • Raw or Lightly Roasted Seeds



## MINERALS : ZINC & SELENIUM

### Helps Reduce Oxidative Stress Altering Host Response To Viral Infections

Whole Grains, Dals and Pulses, Soybeans, Black Til, Garden Cress Seeds, Watermelon Seeds, Pumpkin Seeds, Chicken & Eggs Chia Seeds, Walnuts, Sunflower Seeds, Fish like Mackerel, Tuna, Salmon, Bombay, Rani Fish



**Sources:** Whole Grains, Dals and Pulses, Soybeans, Black Til, Garden Cress Seeds, Watermelon Seeds, Pumpkin Seeds, Chicken & Eggs Chia Seeds, Walnuts, Sunflower Seeds, Fish like Mackerel, Tuna, Salmon, Bombay, Rani Fish

**Various Recipes:** • Fish and Chicken: Curry, Grilled, Pulav • Dal, Chilla, Chutney • Rotis / Parathas / Dosa / Whole Grain Khichdi • Egg: Scrambled / Curry/ Boiled/ Omelette • Wheat Flour: Roti , Parathas, Chilla • Soya Pulav • Curry / Biryani / Pulav • Dals/ Dhokla/ Dal Dhokli • Mukhwās

## MINERALS : MAGNESIUM

### Plays A Role in Innate And Acquired Immunity By Boosting Immunoglobulins

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**Sources:** Ragi, Jowar, Pulses & Legumes, Green Leafy Vegetables, Almonds, Cashews, Black Til, Sunflower Seeds, Garden Cress or Halim

**Various Recipes:** • Curries, Bhakri, Chilla, Porridge • Drinks, Smoothies & Soups • Vegetables • Idli, Rotla & Thaleepith • Raw or Roasted Nuts

## PREBIOTICS & PROBIOTICS

Helps to Reinforce The Immune System, Increases Immune Responses and Promotes Specific Immune Signaling



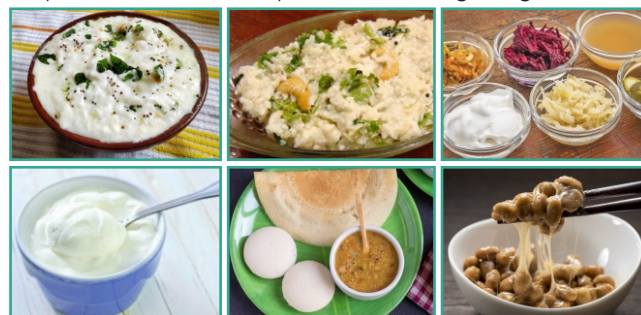
**Prebiotics:** Special Form of Dietary Fibers That stimulates The Growth of Gut Microflora

**Sources:** Garlic, Onion, Banana, Barley, Oats, Apples, Flax Seeds, Wheat Bran

**Various Recipes:** • Porridge, Khichdi • Roasted Flax Seeds • Carefully Washed & Wiped Fruits

## PREBIOTICS & PROBIOTICS

Helps to Reinforce The Immune System, Increases Immune Responses and Promotes Specific Immune Signaling



**Probiotics:** Specific Strains of Live Bacteria Found in Foods

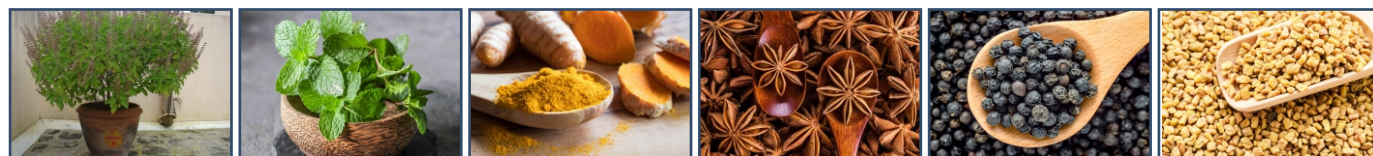
**Sources:** Fermented Milk, Yoghurt, Fermented Food Products

**Various recipes Using Probiotic Containing Curd:**

• Curd Rice • Kadhi, Curd Poha • Fermented Foods

## HERBS, CONDIMENTS & SPICES

Immune Boosters From The Kitchen Possess Antiviral / Antimicrobial Activity Which Help To Fight Infections



**Sources:** Ginger, Tulsi, Neem, Lemongrass, Turmeric, Garlic, Moringa, Mint, Kalonjee, Star Anise, Jeera, Coriander Seeds, Cinnamon, Black Pepper, Dry Ginger, Munakka, Ajwain, Cloves, Fenugreek Seeds

**Various Recipes:** • Tea • Decoctions • Mouth Freshener • Additives • Chutney



Issued in Public Interest by:

**INDIAN DIETETIC ASSOCIATION**