

#1 Pork



Pair with: Garlic, Onion

Pork is a rich source of many vitamins and minerals, including Iron, Vitamin B12, and Selenium. When paired with garlic and onion, a compound called allithiamine is formed which increases energy metabolism and helps support your immune system.



What Healthy Foods Can Help Boost My Immune System?



#2 Sweet Potato



Pair with: Apple, Milk

Sweet Potato is high in fiber, calcium, potassium, vitamin C and other nutrients. All parts of a sweet potato are edible, including the stem and leaves. Sweet potato is packed with beta-carotene, an antioxidant that protects the body from free radicals and supports a healthy immune system.



#3 Colored Bell Peppers



Pair with: Black Bean, Strawberries

Bell Peppers are packed with vitamins and antioxidants which help reduce the risk of chronic diseases. Bell peppers contain vitamin C 2 times that of a lemon, 3 times that of an orange. Lycopene in red bell peppers promote healthy growth and development for kids.



#4 Brown Rice



Pair with: Green Pea, Tofu

Brown rice has more fiber and antioxidants than white rice as well as more vitamins and minerals. Octacosanol, an important nutrient in brown rice, boosts energy and reduces stress to promote overall health.



#5 Mackerel



Pair with: Radish, Eggplant

Mackerel fish rich in coenzyme Q10, antioxidants and omega-3 fats. EPA and DHA helps reduce inflammation and risk of chronic diseases, such as heart disease. DHA on its own supports brain development and functions.

