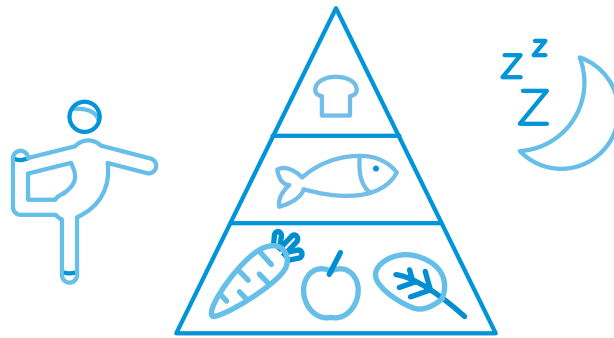




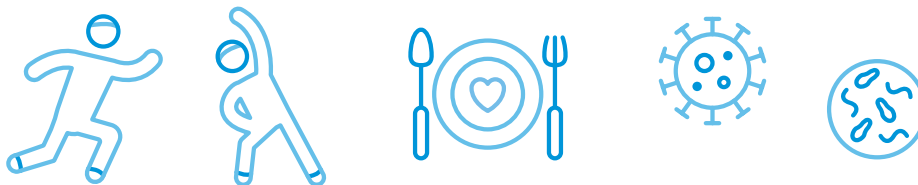


A varied, **well-balanced** diet contributes to a **healthy immune system**

Physical activity, good sleep and healthy diet contribute to good health.¹

To stay healthy, an immune system that is working well is important.

A healthy diet in line with local dietary guidelines provides all the nutrition needed for the body to work optimally, including the immune system.



In addition to micronutrients, macronutrients such as fat, protein and carbohydrates are also important components of a well balanced diet.

- Research shows malnutrition, especially protein energy malnutrition, is associated with compromised immunity and increased risk of infection.²⁻⁵
- Protein is also important for body functions such as antibody action, enzyme capacity and to build new body tissues every day.⁶

According to the European Food Safety Authority, these nutrients contribute to normal function of the immune system:

Vitamin A⁷

Source: Offal, butter, cheese, eggs, carrots, pak choi, sweet red peppers and cantaloupe ⁸⁻¹⁰

Vitamin B6¹¹

Source: Brown rice, potatoes, garlic, curry, poultry, pork, beef liver and fish ^{9,12,13}

Folate¹⁴

Source: Spinach, peanuts, chickpeas, orange, almond and offal ^{9,10,15}

Vitamin B12¹⁶

Source: Milk, cheese, quark, meat, fish, eggs and liver ^{9,13,17}

Vitamin C¹⁸

Source: Strawberries, goji berries, lychee, papaya, kiwi, citrus fruits, Brussels sprouts, cauliflower, cabbage, parsley and chives ^{9,10,19}

Vitamin D²⁰

Source: Fatty fish, meat and meat products, liver and egg yolk ^{9,10,21}

Zinc²²

Source: Cheese, meat, lentils, egg yolks, grains and grain-based products ^{9,13,23}

Iron²⁴

Source: Meat, common millet, cereals, lentils, nuts, egg yolks, dark green vegetables and arrowroots ^{9,13,25}

Selenium²⁶

Source: Offal, fish, meat, pecans and cheese ^{9,13,27}

Copper²⁸

Source: Cereals, nuts (particularly cashew), liver, oysters and cocoa products ^{9,13,29}

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