

IMMUNE SYSTEM REBOOT

NUTRITION TIPS TO SUPPORT YOUR IMMUNE SYSTEM

Phytonutrients

What are they?

Natural compounds found in plant foods that give plants their rich pigment as well as their taste and smell.

Why are they important?

Phytonutrients are anti-inflammatory and antioxidants that help support immune function.

Tips & Tricks

Eat the rainbow



Different colored fruits and vegetables contain different phytonutrients all working together to protect your health.

Eating a plant forward diet with as many colors as possible can help prevent DNA damage, slow cancer cell growth, and reduce inflammation.

Load your plate with color

Brightly colored fruits and vegetables are loaded with phytonutrients.

Aim to eat 5-10 servings of colorful fruits and vegetables per day. This includes:

1 cup leafy greens and/or berries

1/2 cup all other fruits & veggies



1/4 cup dried fruit

3/4 cup 100% juice



Other foods have phytonutrients too!



Whole grains such as brown rice, oats, millet, buckwheat, and rye.
Spices such as cinnamon, cumin, garlic, ginger, parsley, and turmeric.
Flax seeds, nuts, legumes, dried beans, green teas and black teas are just some of the myriad of foods that contain beneficial phytonutrients.

Supplements are a poor substitute

Numerous compounds in fruits and vegetables "work together as a team" with the phytonutrients to provide a more potent protective punch when eaten as whole foods..

Many multiple-vitamin supplements include fruit and vegetable extract which may impact treatment

ALWAYS INFORM YOUR DOCTOR OR DIETITIAN OF ANY SUPPLEMENTS YOU ARE TAKING

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Phytonutrients

Carotenoids

Acting as antioxidants, carotenoids give the fruit or vegetable their bright colors:



Pumpkin
Carrot
Oranges
Yams
Spinach
Kale
Tomatoes



Flavonoids

An antioxidant, flavonoids have anti-cancer activity.

Foods rich in flavonoids include:

| | |
|-----------|------------|
| Green Tea | Grapefruit |
| Apples | Quinoa |
| Onions | Nuts |
| Coffee | Seeds |

Ellagic Acid

May help reduce risk of cancer and lower cholesterol levels.

Foods rich in ellagic acid include:

Strawberries
Blackberries
Red Grapes
Pomegranates
Walnuts
Pecans

Resveratrol

Supports cardiovascular function and cognitive health. Predominantly found in grapes, resveratrol can also be found in:



Strawberries
Blueberries
Pistachios
Peanuts
Dark Chocolate



Glucosinolates

Predominantly found in cruciferous vegetables, help promote natural liver detoxification, anti-inflammation, metabolic function, stress response

Found in:



Broccoli
Bok Choy
Cauliflower
Brussel Sprouts
Cabbage
Mustard Greens



Phytoestrogens & Lignans

Phytoestrogen & lignan rich foods have been shown to reduce risk of breast and prostate cancers, heart disease, and osteoporosis.

Foods include:

Soy Beans/edamame
Tofu
Tempeh
Soy Milk
Ground flax seeds



ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS