



EATING FOR IMMUNITY: TIPS FOR BUILDING AND BALANCING IMMUNE FUNCTION

INCREASE/EMPHASIZE

- Foods rich in:
 - **Vitamin A:** Sweet potatoes, Carrots, Spinach
 - **Vitamin C:** Broccoli, Citrus, Red Peppers, Kiwi
 - **Vitamin D:** Mushrooms, Eggs, Salmon, Supplements
 - **Zinc:** Seafood, Nuts, Seeds, and Grains (soaked)
- "Phytonutrients"
 - Dairy Leafy Greens
 - **Cruciferous vegetables:** Broccoli, Cauliflower
 - Mushrooms, Garlic, Onions, Ginger
 - **Spices:** Turmeric, Cayenne
 - **Herbs:** Rosemary, Oregano, Mint
 - **"Quercetin":** Onions, Apples, Buckwheat
 - **"Catechins":** Green Tea
 - Higher levels found in organic foods
- Healthy and Minimally Processed Proteins
- Omega 3's
 - Cold water fish, Chia, Hemp, Flax, Walnuts
- Microbiome Supportive Foods
 - Fiber, Probiotic-rich Foods, Fermented Foods
- Sleep
- Physical Activity
- Experiment with
 - Intermittent Fasting
 - Prolonged Nightly Fasting

MINIMIZE

- Ultra-processed Foods
- Refined Sugars and Carbohydrates
- Poor quality oils
- Chemicals and additives in food
- Excess alcohol
- Stress



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PODCAST HOST

- The Nutrition Show
- The Good Clean Nutrition Podcast

BOOK AUTHOR

- The Microbiome Diet Reset
- Serving The Broccoli Gods: True Tales and Tips from a Nutritionist on a Quest