



FOOD & IMMUNITY

It is often said that food is medicine, because what you eat can have profound impacts on your overall health. How does this apply to immunity? Can certain foods help boost our immune system and prevent us from getting sick?

Nearly all nutrients help your immune system function properly in one way or another. There is some research that certain nutrients, such as vitamin C, zinc, and selenium may help strengthen your immune system. However, most people get plenty of these nutrients by eating a balanced diet. There is no strong evidence that taking more of these nutrients, such as in the form of supplements, will improve your immune system. If you think you may benefit from a supplement, talk with your health care provider first.

There is no single food or supplement that will prevent you from catching a virus and becoming ill. The best way to support your immune system is to follow a balanced diet, rich in fruit and vegetables, protein foods, and whole grains. Reviewing Canada's Food Guide is a great place to start! Aim to fill half your plate with fruits and vegetables, a quarter of your plate with protein foods, and a quarter of your plate with whole grains.

THE BOTTOM LINE

All meals and snacks are important to provide your body with energy throughout the day. Eating breakfast provides your body with energy to start the day, and comes with many health benefits.