



# EATING FOR *immune health*

## Daily defenders of wellness: fruits and vegetables

A strong immune system is important for everyday health. It fights off common illnesses like colds and flu, works overtime during pandemics, and also protects the heart and other organs. A diet packed with foods rich in immune health nutrients also strengthens one of the body's key players in immunity – the gut.



Enjoy a variety of foods to get the nutrients associated with a healthy immune system, including:

- ✓ Vitamins A, C, D, and E found in fruits, vegetables, eggs, milk, and nuts
- ✓ Minerals selenium and zinc found in meat, fish, eggs, and barley
- ✓ Polyphenols, including flavonoids present in grapes and other berries
- ✓ Spices such as turmeric, ginger, garlic, and cinnamon



### 5 Ways Grapes *support* Immune Health

This favorite fruit delivers more than just great taste.

1. Grapes have more than 1,600 natural plant compounds, including antioxidants and other polyphenols. Antioxidants protect the body's cells and organs from damaging oxygen molecules.
2. Resveratrol and certain flavonoids in grapes are being studied for their promising anti-viral potential.
3. Grapes are a good source of vitamin K which may help support lung and overall health during COVID-19.
4. Grapes have a high water content (82%); good hydration is critical for a strong immune response.
5. Grapes are a natural source of melatonin, a compound that helps regulate sleep cycles. Good sleep is important for immune health.



### *real food* for Immune Health

- a. More color means more beneficial nutrients, so snack on grapes together with colorful veggies like peppers.
- b. Wake up your immune system with an **Immune Boost Green Grape Smoothie**.
- c. Enjoy all-in-one dishes that combine fruits, veggies, grains, and lean protein.

#### **Recipes that support immune health**



Go with Grapes from California every day for a whole bunch of *healthy*