

EATING HEALTHY FOR COVID-19

No one food or supplement can prevent COVID-19, but you may help support your immune system by including these foods in your overall eating plan on a regular basis.

Food	Main Nutrients	Health Benefits
Fruits		
Strawberries	Vitamin C, Potassium	All maintain immune function and protect against infections
Citrus Fruits (Ex: Oranges, Grapefruit, Lemons)	Vitamin C, B Vitamins	
Kiwi	Vitamin C, K, Folate, Potassium	
Melon	Vitamin A, C	
Mango	Vitamin C, E, Folate	Maintains immune function, protect against infections, antioxidants
Vegetables		
Broccoli	Vitamin A, C, E	Maintains immune function, protect against infections, antioxidants
Leafy Greens (Ex: Spinach, Kale, Cabbage, etc.)	Vitamin A, C, E, K	Maintains immune function, protect against infections, antioxidants
Red Bell Peppers	Vitamin A, C	Maintains immune function, protect against infections
Sweet Potatoes	Vitamin A, C	
Dairy		
Cottage Cheese	Probiotic, B Vitamins,	Maintains immune function, GI health/ digestion
Milk (Low Fat & Fortified)	Vitamin A, D, Zinc	Maintains immune function, protect against infections, support bone health
Yogurt	Vitamin D, Zinc, Probiotic	Maintains immune function, support bone health, GI health/ digestion
Protein		
Eggs	Vitamin A, D Calcium	Maintains immune function, support bone health
Poultry	Zinc, B Vitamins	Maintains immune function, wound healing
Shellfish	Zinc, B Vitamins	
Beans/Legumes	Zinc, B Vitamins	
Nuts/Nut Butters (Ex: Almonds, Peanuts, Cashews)	Vitamin E, B Vitamins, Iron, Zinc	Maintains immune function, promotes heart health
Grains		
Fortified cereal (Ex: Whole grain cereal, Puffed rice)	Vitamin A, Zinc, Iron, B Vitamins	Maintains immune function, helps to maintain blood glucose levels, protects against infections, wound healing
Oatmeal	B Vitamins, Zinc, Iron	
Whole grain pasta/ rice (Ex: Brown rice, Quinoa, Wild Rice)	B Vitamins, Zinc, Iron	

IMMUNE SUPPORT RECIPES



Yogurt Parfait: (nuts + fruit + dairy + grain)

Ingredients (1 serving): ½C fresh berries (blueberries, strawberries, or raspberries) ¾C Greek yogurt/ low-fat yogurt, ½C fortified cereal, ¼C sliced almonds, 1 tsp honey

Instructions: 1. Layer yogurt, cereal, nuts and fruit according to your liking 2. Drizzle honey on top if desired

Options: 1. Use any fresh/frozen/canned fruit 2. Use variety of nuts. 3. Swap out cereal for granola

Veggie Omelet: (veggie + protein + dairy)

Ingredients (1 serving): 3 eggs, 1 Tbsp milk, ¼C broccoli, ¼C red bell pepper(diced), 1C spinach, 1 slice cheese, pinch of salt & pepper

Instructions: 1. In a small bowl, beat eggs, milk, and salt & pepper together 2. In a medium skillet on medium heat, add the eggs rotating the pan to completely cover 3. Reduce heat to low flame 4. Lay the cheese in the center of the eggs and top with broccoli, bell peppers and spinach 5. When eggs are set, flip the sides over to the center to create your omelet

Options: Use any vegetables you have in storage.



Nutrient-Packed Soup: (veggie + protein)

Ingredients (4 serving): ½ onion, chopped 2 celery stalks, thinly sliced 1 large carrot, thinly sliced ½ pound sliced mushrooms, 4C chopped leafy greens *such as kale*, 4 medium garlic cloves, 4C chicken/vegetable broth, 1 can chickpeas, 2 tablespoons oil, 2 tsp thyme, 1 tsp of parmesan cheese. Season to taste with salt, pepper, & crushed red pepper.

Instructions: 1. Heat oil in large soup pot. 2. Add onion, celery, carrots, cook for 5 minutes. 3. Add garlic and cook for additional ~3 minutes. 4. Add the broth and the rest of ingredients. 5. Continue to cook until soup reaches a simmer. Reduce heat to medium-low. Cover with lid and let simmer for 20 minutes. Sprinkle with parmesan cheese.

Options: 1. Add chicken, beef, tofu, etc. 2. Sub any bean/legume for chickpeas