

How These 12 Foods Boost Your Immune System

Taking care of your health should always be your top priority. You must give your body what it needs and make sure it functions great.

Naturally, food is the number one tool for building a strong and healthy body. What you eat will determine the strength of your organism. This is because food and your immune system are closely linked together.

Boosting your immune system is always a great idea. Keeping your immunity strong is important. It will protect you from viruses, colds, and other health issues. To help you out with this, we've put together a list of 12 foods that boost your immune system.



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Let's break it down together.

Why Should You Boost Your Immune System?

First things first, let's take a closer look at the importance of a strong immune system. Why is it crucial that you work on boosting it?

A strong immune system will:

- protect you
from disease-causing microorganisms

- help you
get over a disease faster and easier
- ensure
you're always feeling energized
- ensure
you're ready for all types of unexpected situations

A strong immune system is the best way to keep your body and mind at rest. Even when things aren't going great, you'll find it easier to overcome them.

Now, let's take a look at our list. Here are the foods you should eat as often as possible, to boost your immunity.

1. Garlic



Garlic is truly amazing food, with so many health benefits.

It belongs to the onion family and you can easily find it in almost all parts of the world. Apart from tasting and smelling great, garlic is also extremely healthy.

The truth is, this food has been used as a medicine since ancient times.

The best things about garlic are:

- it's highly nutritious
- it has few calories
- it's rich in vitamin C, B6, and manganese

People have been using garlic as a medicine and prevention against various diseases. This is thanks to:

- its
anti-inflammatory features
- reducing
symptoms of colds
- reducing
blood pressure

Also, garlic prevents heart failure and cancer. It lowers blood cholesterol, and even improves brain function.

If you want to boost your immune system, take a clove of garlic every morning, on an empty stomach. You can swallow it like a pill, just cut off both ends first.

2. Ginger

Another great immunity-boosting food is ginger.

The super-healthy food has a hard skin and intense smell. It can make your body stronger and healthier.

It originates from China.

"You can use it as a spice, fresh, powdered, or blended. Whatever choice you make, you'll be doing your body a huge favor," says Peter Pearson, a nutritionist, and writer at [Subjecto](#).

Ginger can help you to:

- decrease inflammation
- decrease nausea
- lower your temperature

It's also great for prevention, so try making it a regular part of your diet.

3. Blueberries



Every healthy-foods list you look at, you'll see blueberries on the very top.

This super-food is another great choice for boosting your immunity.

You should eat it fresh but frozen blueberries keep most of their nutrition as well.

Blueberries are rich in the antioxidant **flavonoid** called anthocyanin. It will:

- protect you from inflammation
- protect you from the common cold

The best thing about blueberries is that they taste great. You can eat them in your oatmeal, smoothie, or with toast.

4. Citrus Fruits

Good news for you citrus fruit lovers.

Think about oranges, lemons, limes, grapefruit, tangerines, and other juicy citrus fruits. They're all rich in vitamin C. And vitamin C will:

- increase the production of white blood cells
- boost your immune system
- help you get better and heal faster

"Just squeeze and drink some fresh citrus juice, or eat the whole plant if you prefer. You won't be seeing your doctor for a long time," says Gordon Harris, an immunologist and writer at [Studyker](#).

5. Spinach



Eating your greens is never a bad idea, and spinach is the way to go.

This superfood is packed with:

- folate
- Vitamine A
and C
- iron
- magnesium
- fiber

It's nutritious but it's best to eat it raw or mildly cooked to preserve that nutrition.

It will boost your immune system, and improve cell division.

6. Turmeric

Like ginger, turmeric is a yellow spice people use to prepare all kinds of dishes. It's also one of the main ingredients of curry.

Turmeric gives your meals a specific taste and yellow color, but there's more to it than that. It's immensely healthy and great for boosting your immunity.

This is thanks to curcumin. This ingredient can decrease inflammation and swelling. That will make it easier for you to overcome:

- fever
- inflammation
- cold

You can put it in your tea, add it to your rice or scrambled eggs, or make a soup out of it.

7. Almonds



When it comes to nuts, almonds are among the most widely-used and popular ones.

They're rich in fiber and protein, which makes them great as a healthy snack. Apart from that, they're also rich in:

- healthy fats
- antioxidants
- vitamin E
- minerals

All of the above makes them great for boosting your immune system. Antioxidants and healthy fats will help your body

absorb the vitamins. That protects your body from inflammation and stress.

8. Oily Fish

Fish is among the healthiest foods you can eat. Oily fish is especially healthy because it's rich in omega-3 fatty acids.

Omega-3 is an essential type of fatty acid, necessary for reducing inflammation. You'll find it in oily fish such as:

- salmon
- tuna
- herring
- sardines
- trout
- etc.

One portion of oily fish a week can help you stay healthy and fight off many health issues that come your way. It's a great way to boost your immune system so make it a regular part of your diet.

9. Broccoli



Broccoli is among the healthiest foods you can eat. It's low in calories but highly nutritious.

Also, it's great for your immunity.

Here's what makes broccoli so powerful:

- rich in
Vitamin C, A, and E
- rich in
other antioxidants
- rich in
fiber

Broccoli will feed your body cells, prevent their damage and protect you from getting ill. If you do catch a cold, it will help you get better faster.

You can eat raw broccoli or mildly cooked ones to get the most out of it. It's the food you should never stop eating.

Your immune system will be thankful.

10. Sunflower Seeds

You may not be aware of it, but sunflower seeds can work wonders for your body.

Here's what makes them so great:

- they're
extremely nutritious
- great
source of Vitamin E, a powerful antioxidant
- rich in
phosphorous, magnesium, and vitamin B-6

Sunflower seeds will make a great addition to a fresh salad. You can also eat them raw and mildly salted.

It will boost your immune system and prevent cell damage. This will keep your body functioning properly.

11. Red Bell Peppers



Bell peppers are great for the kitchen since they can be made a part of any meal. They're tasty, smell great, and have a beautiful thick texture that gives them extra credit.

But,
the best part about it is that it's super-healthy and great for immunity.

The reason behind it is that red bell peppers are **super-rich in Vitamin C** and **beta-carotene**. That means that red bell pepper can:

- boost your immunity
- fight free radicals
- decrease your stress level

If you like the taste of raw bell pepper, knock yourself out. If you prefer to cook it, it's best to roast it. That will preserve the nutrients you need to keep your immune system strong.

12. Dark Chocolate

Finally, something for all you chocolate lovers out there. Dark chocolate is the best version of this delicious sweet we all love so much, and here's why.

Dark chocolate and the cocoa found in it are rich in:

- iron
- magnesium
- zinc
- flavonoids

It has less sugar and milk than the regular type of chocolate and more cocoa. This makes it overall healthier and better.

The antioxidants found in the dark chocolate can:

- fight free radicals
- enhance your immune system
- reduce inflammation in the body

Don't get too excited. You still need to watch how much chocolate you eat.

A 20g bar a day will do the job just fine so don't go too crazy with it.

Final Thoughts

Boosting your immune system is not something you should only do when you catch a cold or get sick. It should be your everlasting health goal.

Use the list provided above and wisely choose what you eat. Try making the foods listed above a regular part of your diet. This will keep you healthy, strong, and safe.



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