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# NUTRITION AND IMMUNITY

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UMOSAN `2013

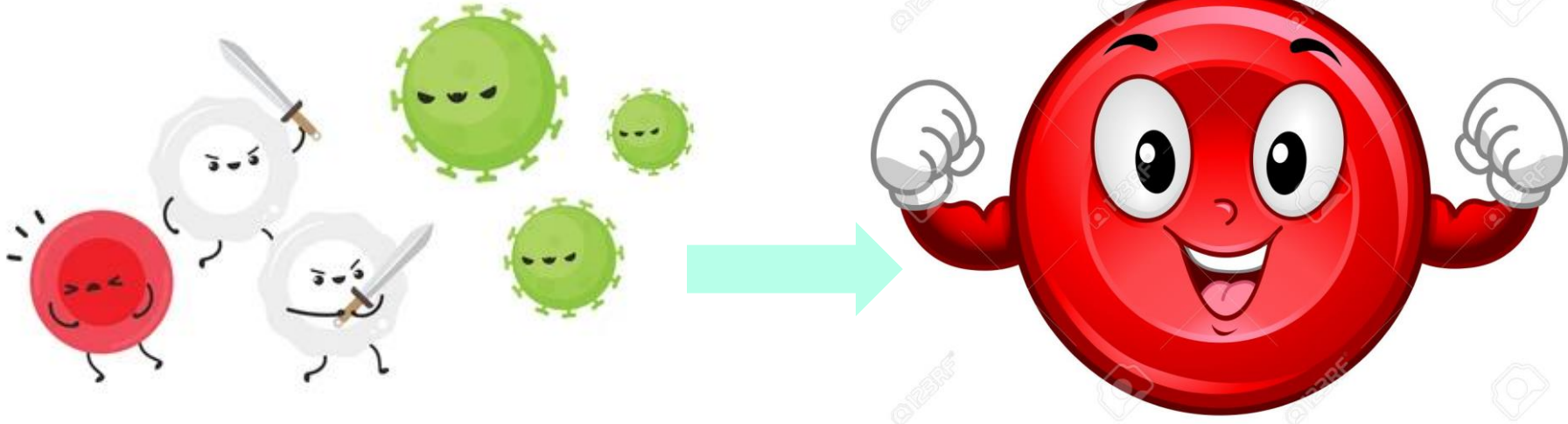
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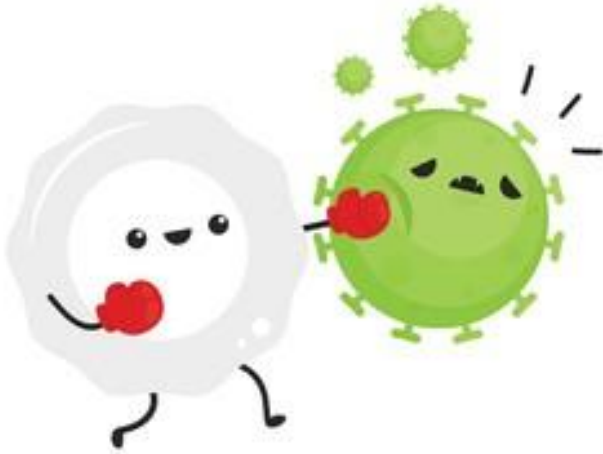
# PROPER NUTRITION IS A DAILY CHOICE

Each meal is an opportunity to support your immune system



# FOOD NUTRIENTS AND IMMUNITY

Your white blood cells are responsible for your body's defense system against disease causing pathogens and infections, which is termed as immunity. We all have white blood cells yet many of us have a low immunity.



A boost in immunity **reduces one's chance of getting infections and quicken recovery** during periods of illness for both children and adults.

Research studies since the 20th century continue to justify that individuals who eat sufficient amounts of vitamin C have better functioning of white blood cells.

# FOOD NUTRIENTS THAT SUPPORT YOUR IMMUNITY

1. Vitamin C, a nutrient also known as Ascorbic acid is therefore a scientifically justified immune booster.
2. Vitamin A
3. Zinc
4. Bio-active compounds with immune boosting, anti-bacterial and anti-viral properties are present in foods like garlic, ginger, Cuban oregano, moringa and sage.
5. Vitamin D
6. Vitamin B
7. Selenium
8. Iron



# VITAMIN A

3 servings of vitamin A rich food.

1. 3 carrots
2. Palm size pumpkin
3. Bowl full spinach/ sukuma wiki
4. Bowl full cow pea leaves
5. Fist size liver ( 200grams)
6. Broccoli
7. 2 small mangoes
8. 2 slices pawpaw

# VITAMIN C



3 servings of vitamin C rich food daily to get 90mg for adults.

Vitamin C is not stored in the body.  
Vitamin C is destroyed by heat.

MORE: <https://youtu.be/sJp6dT1GtxU>

Each item on list represents one serving.

1. 2 oranges
2. 1 lemon ( fresh not boiled as is common practice)
3. 2 tangerines
4. 2 slices pineapple
5. 2 medium sized tomatoes
6. 100ml hibiscus juice concentrate



# ZINC RICH FOODS

1. Simsim
2. Groundnut
3. Cashew Nuts
4. Pumpkin Seeds
5. Simsim Balls
6. Lean Meat and poultry



# HERBS, PLANTS



- **Bio-active compounds** with immune boosting properties found in foods like; Garlic, Cuban oregano, moringa, sage and Ginger
  - Some herbal plants help manage symptoms like flus and lose of taste but no evidence on being cures of covid-19
  - Seek guidance
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# NATURAL IMMUNE BOOST



A variety of foods to supply a good quantity of each of vital nutrients daily

## BALANCE YOUR DIET (Example)

- Vitamin A&C Breakfast; Pineapple-Mango Fruit
- Vitamin C Lunch: orange and tomato salad
- Snack: zinc from groundnuts
- Hydrate: Hibiscus juice instead of sodas, add a source of bio active compounds by adding cuban oregano & ginger to your tea
- Vitamin D from the sun
- Vitamin A Dinner: Pumpkin and Zinc in meats



# USING NUTRIENT SUPPLEMENTS

## NATURAL IS BEST

Enjoy food and nourish my body with other nutrients for example as I eat spinach for vitamin A and good amounts of fiber and vitamin B.

Individuals also get other health restoring benefits of these foods for example hibiscus also comes with iron and antioxidants.

Use supplements only if you cannot access or eat the foods in good quantities.



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## LIFETIME ACTIONS

1. MASTER HEALTHY EATING DURING THE LOCKDOWN
2. GET A HEALTH RESTORING GROCERY LIST
3. SET UP A VEGETABLE-FRUIT-HERB SPACE IN YOUR COMPOUND
4. MANAGE OTHER CONDITIONS AND OBESITY WITH A HEALTHY MEAL PLAN

