

Autumn Health Picks

DIETARY DEFENSE



November 11, 2020

Key Takeaways

1. Adequate consumption/status of vitamin D, A, E, Zinc and Selenium are critical for maintaining immune resilience to viral infection
2. Supplementation of vitamin D, Zinc and Selenium have enthusiasm in the scientific community in relation to their efficacy in prevention and treatment of COVID-19, influenza, and the common cold
3. Vitamin A supplementation may help with prevention and treatment of viral infections, while vitamin C may help with treatment alone
4. Adequate dietary vitamin E important, especially in the elderly

What should I be eating for these nutrients?



SELENIUM
Brazil Nuts
Tuna
Shellfish
Pork
Beef
Chicken

VITAMIN E
Nuts
Avocado
Spinach
Squash



ZINC
Red Meat
Shellfish
Legumes
Seeds
Nuts

VITAMIN A
Carrots
Tuna
Squash
Sweet Potato
Spinach



VITAMIN C
Bell Peppers
Kiwi
Strawberries
Oranges

