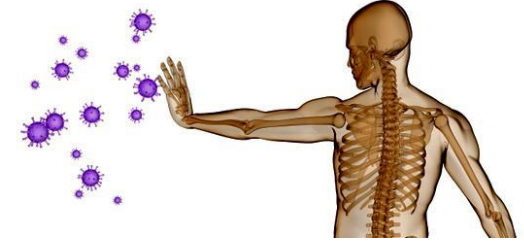




Eating to Improve Immunity



✓ Sufficient Energy Intake

A large Calorie deficit can put strain on your immune system, suppressing its effectiveness at fighting off illness. A sufficient energy intake is advised, however if dieting or in a Calorie deficit a multivitamin can help bridge any nutrient deficiency's created by an energy deficit.

✓ Increase protein intake

Protein is essential for a strong immune system. Immune system powerhouses such as antibodies and immune cells. Keep protein intake high to fend off illness and to recover quicker when you are ill.



✗ Don't restrict carbs

Repeat after me, carbs are not the devil. Maintaining sufficient carb intake is necessary for energy needs and to maintain immunity. A focus on consuming carbs post-exercise will help reduce stress hormones such as cortisol.

✓ Eat the rainbow

Fruits and veg contain plenty of vitamins and minerals necessary for a strong immune system. Vitamin C is an antioxidant that reduces stressors to the body and suppresses common cold symptoms. An added tip is to get Vit C and zinc lozenges (Waitrose do the best). Zinc reduces the severity and length of colds and flu.

✓ Keep fats high

Eating a diet restricted in fat has been shown to suppress the immune system, increasing inflammatory immune factors and depressing antioxidants. Getting a varied amount of fat from sources such as olive oil, nuts, seeds, dairy, fish and animal sources can help support a strong immune system.

✓ Get some sleep

Did you know a good night sleep may be your secret weapon in fending off colds and illness. Getting 8+ hours sleep a night has been shown to reduce your chances of getting ill.

