EATING TO BUILD YOUR IMMUNE SYSTEM

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DISORDERS OF THE IMMUNE SYSTEM

- Autoimmune Diseases
- Inflammatory Disease
- Cancer
- Obesity, alcoholism, and drug use are common causes of poor immune functions
- Malnutrition and insufficient protein are also causes of poor immune function
- Inherited or acquired such as AIDS cause poor immune functions
- Overnutrition is associated with diseases such as diabetes and obesity
GI AND IMMUNITY

- Stomach, gastric acid, and proteases serve as powerful chemical defenses against ingested pathogens.
- Within the gastrointestinal tracts, commensal flora serve as biological barriers.
- Food rich in certain fatty acids may foster a healthy immune system.
NUTRIENTS THAT BUILD THE GI

- Polyphenols
- Beta-glucans
- Carotenoids
- Cysteine
- Red wine
- Capsaicin
POLYPHENOLS

- Artichoke hearts
- Blueberries
- Strawberries
- Blackberries
- Plums
- Flaxseed
- Dark chocolate
- Black and green tea
BETA-GLUCANS

- Oats
- Barley
- Mushrooms
- Yeast
- Seaweed
CAROTENOIDs

- Sweet potatoes
- Carrots
- Carrot and tomato juices
- Pumpkin
- Cantaloupe and apricots
- Spinach
- Broccoli
CYSTEINE

- Eggs
- Cottage cheese
- Poultry
- Ricotta cheese
- Yogurt
- Oats
- Broccoli
- Red pepper
- Garlic
RED WINE
Habanero chili — 100,000 to 300,000 units
Jamaica pepper — 100,000 to 200,000 units
Africa birdseye — 100,000 units
Thai pepper — 50,000 to 100,000 units
Cayenne pepper — 30,000 to 50,000 units
Jalapeno pepper — 2,000 to 8,000 units
Anaheim — 500 to 2,000 units
ANTIOXIDANTS THAT PROMOTE IMMUNE HEALTH

- Beta-carotene
- Lutein
- Lycopene
- Selenium
- Vitamin A
- Vitamin C
- Vitamin E
BETA-CAROTENE

- Sweet potato
- Carrots
- Dark leafy greens—spinach
- Squash
- Cantaloupe
- Sweet peppers
- Dried apricots
- Peas
- Broccoli
LUTEIN

- Kale
- Spinach
- Dandelion greens
- Paprika
- Cayenne pepper
- Turnip greens
LYCOPENE

- Guavas
- Watermelon
- Tomatoes
- Papaya
- Pink grapefruit
- Sweet red peppers
- Asparagus (cooked)
- Mango
- Red cabbage
- Carrots
SELENIUM

- Brazil nuts
- Oysters
- Tuna
- Whole wheat bread
- Sunflower seeds
- Pork: lean tenderloin
- Beef and lamb
- Chicken and Turkey
- Mushrooms
- Whole Grains (Rye)
VITAMIN A

- Liver
- Sweet potatoes
- Carrots
- Egg yolks
- Milk
VITAMIN E

- Almonds
- Oils
- Mangos
- Nuts
- Broccoli
VITAMIN C

- Peppers
- Guavas
- Dark green leafy vegetables
- Kiwi
- Broccoli
- Oranges
- Strawberries
- Tomatoes
- Peas
- Papaya
What are they used for?
- Diarrhea, gas, cramping caused by antibiotics. UTIs, infections in the digestive tract, IBD/IBS

Supplement form
- USProbiotics.org (http://www.usprobiotics.org/)

Are they safe?: Young children, the elderly, pregnant, and people with compromised immune systems.
Foods that contain probiotics

- Fermented dairy products
- Other foods currently claiming to provide probiotics are cereal, juice, frozen yogurt, granola, candy bars, and cookies.
3 NATURAL WAYS TO BUILD YOUR IMMUNE SYSTEM

- SLEEP
- EXERCISE
- EAT FRUITS AND VEGETABLES

THANK YOU
References

- WomensHealthMag.com
- American Institute for Cancer Research
- WebMD
- Livingstrong.com
- Recipes from:
  - Spark People
  - Recipes that Crock
  - All recipes.com
  - Taste of Home
  - Terry’s Berries
  - Simply Recipes
  - Eating Well