

IMMUNE HEALTH



"What can I do to support my immune system?"



Stick to a consistent eating schedule

It's common for habits to change when your typical routines are thrown off. Focus on keeping some consistency. Why? Just like your muscles, immune cells need protein to rebuild and stay strong. They also need enough energy to do their job. Include protein at each meal and snack and plan to eat 4 - 6 times per day.



Stay hydrated

Dehydration can increase levels of stress hormones, which can lower your immune response. Drink fluids such as water, carbonated water, milk, tea or coffee through the day. If your first pee after waking up is the colour of lemonade, great job.



Eat antioxidant-rich foods

Antioxidants help keep immune cells healthy. At each meal and snack include foods rich in antioxidants such as fresh, frozen or dried fruit, raw or cooked vegetables, fresh herbs, and nuts and seeds.



Take vitamin D

Vitamin D supports immune cells. Since very few foods contain vitamin D unless it is spring or summer sunshine athletes need to take a supplement. Consult your health care practitioner to find out if a vitamin D supplement is right for you and how much you should be taking



Eat foods rich in probiotics and prebiotics

Probiotics are the "good bacteria" in your gut. They help with digestion and nutrient absorption and may also help keep your immune system healthy. Prebiotics are "food" for your good gut bacteria.

- Probiotics are found in fermented foods including yogurt, kefir, kimchi, miso soup, and sauerkraut.
- Prebiotics are found in fibre-rich foods including bananas, oats, whole grains, garlic, onions, sweet potatoes, and apples. Enjoy daily.