



# EATING TO BUILD IMMUNITY

What to eat to help fight off COVID-19

Here at Alabama Cardiovascular Group, we want to help our patients fuel their bodies with foods that can build immunity & help to prevent sickness



## FRUITS 3-4 SERVINGS DAILY

- Citrus Fruits (oranges, grapefruits, lemons, etc)
- Papaya
- Mango
- Kiwi
- Watermelon
- Elderberry (juiced or fresh)
- Pomegranate (juiced or fresh)

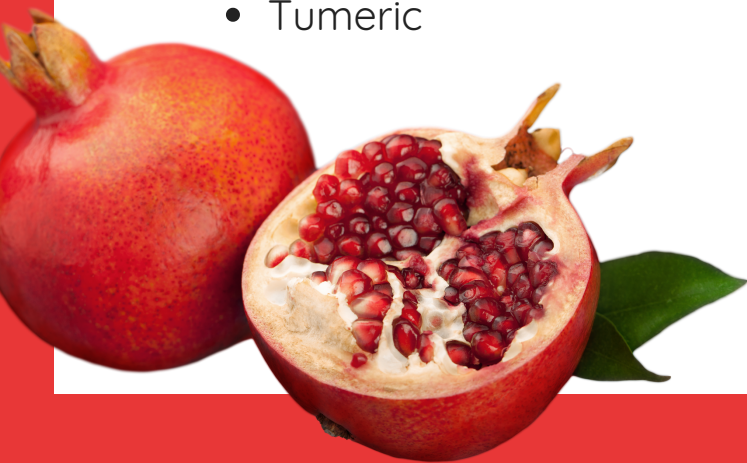
## OTHER FOODS

- Almonds
- Sunflower Seeds
- Low-fat Yogurt
- Green Tea
- Ginger
- Cashews
- Turmeric



## VEGETABLES 3-4 SERVINGS DAILY

- Red Bell Pepper
- Broccoli
- Garlic
- Spinach
- Sweet Potatoes
- Carrots
- Mushrooms
- Kale



**Alabama  
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AN AFFILIATE OF GRANDVIEW HEALTH