

As a valued member of Rolling Strong, your safety and wellbeing are important to us. With continued news around coronavirus (COVID-19), Rolling Strong will be sending tips on maintaining a strong immune system so you can be armed with the best chance of staying healthy!

As part of our "Maintaining A Strong Immune System" series

Tip 1: Feed your Immune System Well!

10 GREAT FOODS TO BOOST IMMUNITY



The immune system is one of the most complex systems in the body. It protects our bodies from germs and viruses, recognizing and getting rid of things that may cause us harm. The immune system works 24/7 with the constant demand to fight environmental toxins, bacteria, viruses, and pathogens. We must supply our bodies with the appropriate nutrients in order to maintain a strong immune system and good health.

1 CITRUS FRUITS

Citrus Fruits are high in immune boosting Vitamin C, Oranges, Lemons, Limes, Grapefruit, and Tangerines.



2 RED BELL PEPPERS

Red Bell Peppers have TWICE the Vitamin C of Citrus Fruits.



3 SPINACH, BROCCOLI & SWEET POTATO

These vegetables are loaded with Vitamins C, E, A and packed with antioxidants, fiber and minerals that all support immune function.



4 YOGURT & KEFIR

Watch the label - you want Live and Active Cultures and no sugar. The probiotic (Live Cultures) nourish your gut and support immune function. Top Greek Yogurt with your favorite fruits.



5 GINGER, TURMERIC & GARLIC

These herbs and spices lower inflammation and boost immunity.



6 ALMONDS & SUNFLOWER SEEDS

Both Almonds and Sunflower Seeds are loaded with Vitamin E which supports immune function.



7 GREEN TEA

Green Tea is less processed than Black Tea and contains both flavonoids and also EGCG; a powerful antioxidant that has been shown to enhance immune function.



8 SHELLFISH & FATTY FISH

Shellfish such as oysters, crab, shrimp and mussels contain zinc which helps immune cells function. Fatty Fish like Wild Salmon, Mackerel, Herring and Sardines are rich in Omega 3 fatty acids which lower inflammation and support immune function.



9 BLUEBERRIES & KIWI

Blueberries are rich in flavonoids that support the respiratory tract's immune defense system. Kiwi is an excellent source of Vitamin C.



10 CHICKEN SOUP

Chicken soup is an age-old remedy for immune support and for good reason. Chicken is rich in Vitamin B6 which is needed in the biochemical processes of immune function. Bone broth made from chicken bones is rich in gelatin and collagen which support gut function and immunity.



Coronavirus (COVID-19)

The CDC has created a tool for monitoring the activity in your area to help you know if you are more at risk. This [useful tracker](#) shows state-specific statistics to help you stay on top of the outbreak. Click [here](#) to read about the signs and symptoms to be aware of from the CDC.

CDC's guide to washing hands

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Connect with us!



Stay tuned for the next tip on maintaining a healthy immune system! Rolling Strong wants you to stay healthy and well...and Roll Strong!

