

THERAPEUTIC FOODS: IMMUNE

LIST OF KEY NUTRIENT SOURCES

The following nutrients, arranged in alphabetical order, help support healthy immune function.

A (true retinol)

Carrot, cayenne, chili powder, cod liver oil, eel, egg yolk, grass-fed dairy, kale, liver, paprika, spinach, sweet potato

B6

Basil, bay leaf, dill, garlic, hot peppers, liver, oregano, paprika, pistachios, rosemary, sage, savory, shiitake mushrooms, spearmint, sunflower seeds, tarragon, tuna, turmeric, wheat germ

B12

Clams, fish eggs, herring, kidney, liver, octopus, sardines, trout

C

Acerola, broccoli, Brussels sprouts, currants, guava, kale, kiwi, parsley, pepper, rosehips, thyme, triphala (traditional Ayurvedic herb)

Copper

Cacao, liver, oyster, shiitake mushrooms, soy, spirulina

D

Cod liver oil, fish, oysters, pastured lard

E

Almonds, cayenne, chili powder, curry powder, sunflower seeds

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Folate

Adzuki beans, basil, black beans, chickpeas, kidney beans, lentils, liver, marjoram, mung beans, oregano, sage, spearmint, tarragon, yeast K (K1)

K (K1)

Basil, beet greens, broccoli, Brussels sprouts (K2), collard greens, dandelion greens, eggs, grass-fed dairy, kale, liver, mustard greens, natto (fermented soy), parsley, sage, Swiss chard, thyme, turnip greens

Iron

Adzuki beans, basil, bay leaf, cilantro, clams, dill, liver, molasses, oregano, parsley, rosemary, sage, sesame seeds, spearmint, spirulina, red meat (non-heme), tarragon thyme, turmeric

Phosphorus

Cacao, chia seeds, cod, dairy products, egg yolk, fish eggs, mustard seeds, pumpkin seeds, red meat,

sesame seeds, smelt, sunflower seeds, trout, wheat bran

Polyphenols

Berries; brightly-colored fruits, vegetables, and wild plants; chocolate; green and black teas; warming spices

Thiamine

Black beans, lentils, macadamia nuts, navy beans, oat bran, pork pili nuts, sesame seeds, sunflower seeds, wheat germ

Selenium

Brazil nuts¹, egg white, fish eggs, kidney, liver, mustard seed, poultry skin, salmon, sardines, trout

Zinc

Oysters, pumpkin seeds, red meat, sesame seeds

¹Brazil nuts are a great source of selenium; however, over-indulging can create a toxic load of selenium in the body.

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Prebiotic Fibers

Apples, bananas, berries, broccoli, cabbage, chicory, garlic, Jerusalem artichokes, jicama, kale, onion, root vegetables, seaweed

Probiotic-Rich Foods

Fermented and/or cultured foods - fermented vegetables, kefir, kombucha, etc

Miscellaneous

Andrographis, astragalus, bone broth, echinacea, elderberry, ginger, manuka honey, marrow, mushrooms, nettles, olive leaf, rhodiola