

Fuel Your Fighters

One of the best ways to pump up your immune system is by eating the foods and getting the nutrients that have been shown to improve your natural defenses. The chart below shows you foods and supplements that have immune-boosting power.

Foods	Nutrients	Spices	Supplements	Avoid These
Shiitake mushrooms (may increase your natural killer T cells)	Omega-3 fatty acids (found in olive oil, avocado, fish oils, nuts; also can be taken as supplement)	Curcumin	Biotin (300 milligrams per day)	Simple sugars
Vegetables, especially cruciferous ones like cabbage, broccoli, and brussels sprouts	Resveratrol (found in red wine, grapes, and knotweed plants)	Ginger	B ₆ (4 milligrams per day) and B ₁₂ (800 micrograms per day)	Syrups
Cocoa and coffee (because of the antioxidants)	Catechins (found in green tea)		Strontium (340 milligrams per day)	Enriched/non-whole grains
Alcohol (in moderation)	Quercetin (found in onions, tomatoes, garlic, and apples)			Saturated fats
Probiotics (in yogurt and digestive aids)	Lycopene (found in tomatoes and red grapefruit)			Trans fats
				Alcohol (in excess)
				Nonorganic meats
				Fish with mercury

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