

GOOD NUTRITION HELPS SUPPORT YOUR CHILD'S IMMUNE HEALTH¹



The immune system is the body's defense against infections. When it's working well, the immune system can help protect against illnesses.

There are several key factors that help keep a child's immune system healthy and strong. Some of these factors include:

- adequate rest
- regular physical activity
- good hygiene
- routine vaccinations
- healthy diet

Providing key nutrients as part of a well-balanced diet may help support and maintain your child's immune health.

OFFERING CHILDREN A VARIETY OF FOODS WILL HELP THEM MEET THEIR NUTRITION NEEDS. CONSIDER FOODS THAT HELP THEM GET:



PROTEIN helps build antibodies and immune cells and plays an important role in healing and recovery.

Sources: Eggs, milk, yogurt, fish, lean beef, chicken, turkey, beans, soy products, nuts, and seeds



VITAMIN C helps build healthy skin, which is a barrier to microorganisms, and helps protect cells from damage due to its role as an antioxidant.

Sources: Citrus fruits (such as oranges, grapefruits, tangerines), strawberries, papayas, bell peppers, and brussels sprouts



VITAMIN A keeps the skin, tissues in the mouth, stomach, intestines, and the respiratory system healthy, and it helps regulate the immune system.

Sources: Colorful foods like carrots, sweet potatoes, broccoli, spinach, pumpkin, squash, and cantaloupe



VITAMIN E protects immune cells from damage due to its role as an antioxidant.

Sources: Fortified foods (cereals, fruit juices and margarines), nuts, and seeds



VITAMIN D helps with properly regulating immune cell function.

Sources: Fortified foods (milk, cereal, orange juice), and fatty fish (salmon, mackerel, tuna)



ZINC supports creation of new immune cells, which contribute to the body's ability to heal from wounds.

Sources: Lean beef, chicken, turkey, crab, oysters, milk, whole grains, and seeds

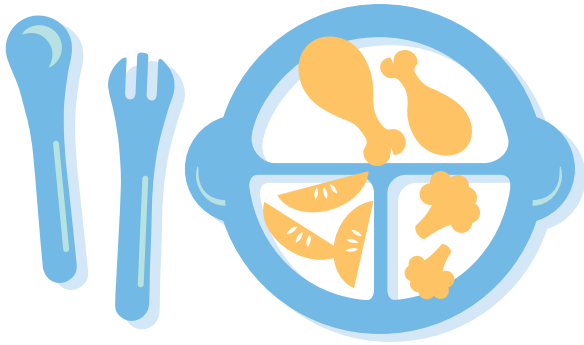


PREBIOTIC FIBER provides fuel for beneficial bacteria in the gut to support the immune system.

Sources: Asparagus, bananas, apples, flaxseed, and oats

Talk to your healthcare provider to find appropriate sources of these nutrients if your child has a food allergy. When choosing the foods, select items that are developmentally appropriate for your child.

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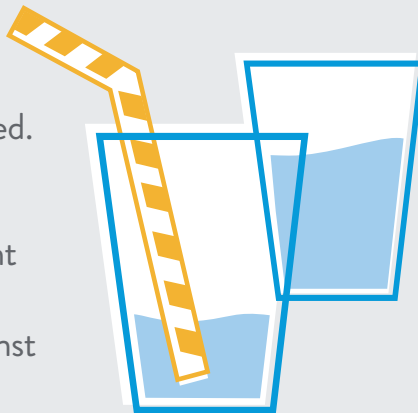
Eating a well-balanced diet is an important part of creating and maintaining good immune health habits.

Encourage kids to eat a rainbow of fruits and vegetables to increase dietary variety and nutrients.



For children who are unable to meet their recommended nutrient needs from diet alone, the addition of a complete, balanced nutrition supplement can help support growth and the immune system. Talk to your healthcare providers to find out more about nutrition supplements for your child's diet.

- Fluids help regulate body temperature and assist the body in keeping skin and mucous membranes hydrated.
- Our skin and mucous membranes are an important part of our defense system that protect our bodies against bacteria and viruses.



- The American Academy of Pediatrics recommends children consume water to maintain hydration²:
 - 1-3 years: 4 cups/day
 - 4-8 years: 5 cups/day
 - 8+ years: 7-8 cups/day
- In addition to water, electrolytes like sodium and chloride help your child's cells maintain fluid balance.

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1. Ellis E. How to Keep Your Immune System Healthy. Academy of Nutrition and Dietetics. Published January 2022. Accessed May 2024. <https://www.eatright.org/health/wellness/healthful-habits/how-to-keep-your-immune-system-healthy>

2. Rethy, J. Choose Water for Healthy Hydration. American Academy of Pediatrics. Updated January 2020. Accessed May 2024. <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Choose-Water-for-Healthy-Hydration.aspx>