

Stacy:

Hi, Fit Body family! My name is Stacy. I am a nutrition coach. I work with Matt Wilber Facilities here in West Michigan, and I'm also coming to you today from my home in West Michigan. And today, we're going to talk about the six types of food that help to boost and support our immune systems and the three types of food that actually can work against our immune systems.

Stacy:

Before we get into those first good six ones we want to include more often to help support our immune systems, I want to talk about whole foods. So, whole foods are the foods that we always preach, we always want to get these in, so lean proteins, whole grains, fruits and vegetables. This is where the nutrients are going to come from to support a good, healthy immune system. And then one more thing before we get into the six, I wanted to briefly mention a couple of terms or a couple of words that you're going to be hearing throughout this and what they mean.

Stacy:

So, antioxidants. Antioxidants are things that are found in food that can support our cells and prevent damage from happening to cells from chemicals or infections and things like that. And then another one is anti-inflammation, or anti-inflammatory properties in these six. This is basically... Inflammation is a cascade of events that happens in our body. It can reduce our immune system functioning; it can also prevent our metabolism from working as well as it should, and so these types of foods I'm going to mention will actually help reduce those, which in turn will help build the immune system.

Stacy:

So, the first food we're going to talk about, it is protein. So protein isn't helps with recovery and healing. So both of these working together with that protein intake can help with these, and it actually helps to build the antibodies that our immune system is using to beat out any infections. So getting in lean proteins: poultry, fish, eggs... getting beans, as well as nuts and seeds. Even protein powders can fit into this. A high quality protein powder is going to be an excellent source as well. We also want to say a little thing on the side of limiting saturated fats in red meats. So limiting the red meats will reduce saturated fats, which can also help to reduce inflammation, and then in turn can help improve our immune system function.

Stacy:

So the number one was protein. Number two we're going to talk about are our spices. So there's three spices that actually some research has shown that these can help improve our immune system, and these are garlic, turmeric, and then also ginger. So all of these have properties of being anti-inflammatory, antibacterial, and antiviral. Garlic, for example, if you're eating this garlic, you're eating a compound in it called allicin. You don't have to remember that; the compound name is not important, but this compound actually, it helps the immune system cells function properly, and it promotes their functioning. So just even having that garlic in meals is going to be very important.

Stacy:

The third one we're going to talk about are our dark leafy greens. So the three top ones would be spinach, arugula, and kale. These all have vitamin C and vitamin K, which are antioxidants, cell protectors, improver of the immune system, and then it also has folate. Now, folate is a B vitamin, and it helps with cell growth and metabolism, so if we're thinking we're trying to make these immune cells

function properly, what better way than to make sure we're getting a good amount of that folate, that B vitamin, as well to help with that cell functioning? So all of these are going to help promote that cell or immune system function.

Stacy:

The fourth one we're going to talk about are citrus fruits, so our oranges, lemons, limes, grapefruits. These are all high in vitamin C. We've probably heard this before, but vitamin C is a great antioxidant. Fun little tip on the side is, our bodies cannot produce or store vitamin C, so it's something we need to get in our lives daily. So this is something we need to incorporate every single day. So including these in there, they're going to help with the formation of antibodies, stimulating that, giving good antioxidants. So very important.

Stacy:

Now, the fifth one we're going to talk about are fermented foods. So, fermented foods such as yogurts, kombucha, kefir, sauerkraut, these are going to be great for our gut health as our gut health is, you know, the bugs, the bacteria, the good bacteria in our gut are improved, it will decrease inflammation in the body, which in turn may even help to improve our immune system functioning.

Stacy:

And the sixth one we're going to talk about: our broth. So things like bone broths, these are high in vitamins and minerals. It also has protein. So going back to the protein we talked about, it's going to be able to help with healing and recovery. So all of these working together, our body absorbs this broth really easily and all these nutrients, and it helps to support anti-inflammatory, improving the functioning of the immune system. And this is all so helpful when we're trying to boost the immune system.

Stacy:

Now on the other side of things, we have three types of food that can prevent our immune system from functioning at his top performance. These three are going to be... The first one is sugar. It has inflammation properties to us, so it causes that, and it also can suppress the immune system. So there's a double whammy there for the sugar, so we want to limit sugar as much as possible.

Stacy:

The second one here is highly processed foods. So, two things with highly processed foods: number one, there's typically substances and things in those processed foods that our body is not made to digest well and so that can actually increase inflammation and reduce immune cell function. The other thing with your highly processed foods is going to be that if we're eating a highly processed foods, we're not getting a lot of whole foods, so then we're losing out on those nutrients from the whole foods that we are always recommending to get in.

Stacy:

The third thing is alcohol. So, drinking quite a bit of alcohol is going to suppress the immune system, and as we're drinking alcohol, our body has to first and foremost get that digested and out of the body so it cannot digest and utilize those nutrients and the foods we're eating right away. And that's not what we want. We want to have all those nutrients working together to build our immune system, so limiting our alcohol intake is really important.

Stacy:

So that was the six things to eat more of, get into to our our meals and our diets to improve our immune systems. And then the other side of it that we want to limit. Just as a quick recap, six whole foods that we want to try and incorporate more to improve our immune systems. Number one was protein. Number two we have our spices: garlic, turmeric, and then also ginger. Number three was dark leafy greens, our things like spinach, kale and arugula. The fourth one was our citrus fruits, so oranges, lemons, limes and grapefruits. And then we have fermented foods: yogurt, kombucha, and then broth like bone broth. On the other side of the things we want to limit are going to be our sugar content, our highly processed foods, amounts that we take in, and then alcohol as well. So if we can work to limit those, increase the other six, we're going to support our immune system, make it function at its best. And that's what the goal is all the time: to have our immune system working at its top highest performance level.

Stacy:

So I hope you enjoy this little video of tidbits. I look forward to seeing you guys again on other videos, and I hope you all have a fantastic day. Take care.