

Immune Boosting Nutrition and Supplement Safety



Overview

During these uncertain times, we want to do everything we can to have control over our health and our family's health. Along with following the advised precautions like washing your hands, disinfecting your environment, practicing social distancing or social isolation; many people are adding in nutritional and herbal supplements hoping to boost their immune system to prevent contracting COVID-19. With advised precautions in place, being well nourished with the proper nutrients is also a factor in warding off disease and illness; consuming nutrient dense foods is typically the ideal way to nourish our immune system. However, with some of the potential limitations we are currently facing, supplement use for healthy micronutrient intake has increased. When using supplements, safety is of great importance; dosages and quality of the products you are using should be considered when supporting the immune system for you and your families health.



Commonly Used Supplements

Vitamin A,Bs,C,D and E

Echinacea, Elderberry

Zinc, Magnesium, Selenium



Nutrients for Health

Note: No supplement will cure or prevent disease. Currently there is no research that supports the use of supplements to protect against COVID-19.

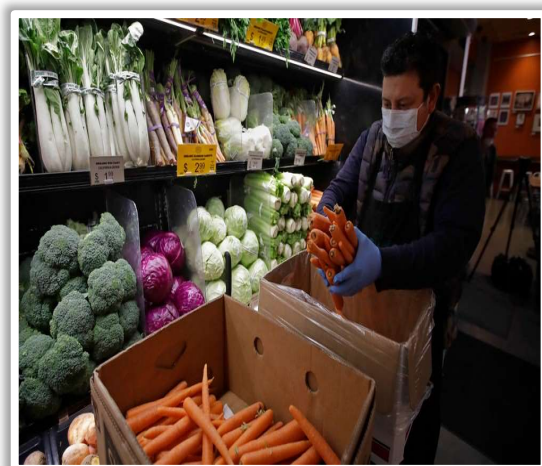
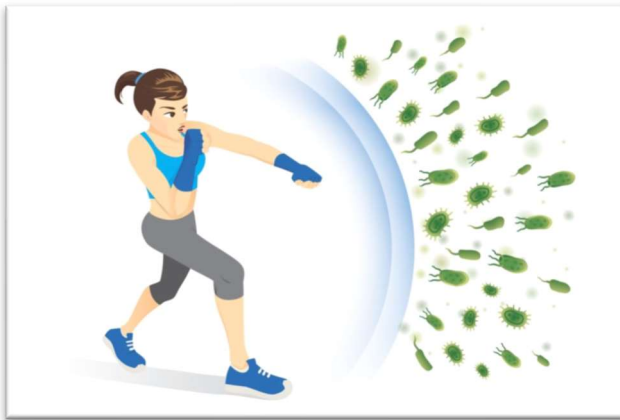
These common immune boosting vitamins and minerals may be beneficial to our overall health if we are lacking them in our diet or have a condition that our body requires more. It can be a challenge to ensure that we are getting the proper balance we need for optimal health. In order to develop a strong healthy immune system it takes progression and consistency, just like being able to run a few miles or lift heavy weights in the gym. The most favorable way to develop our healthy bodies is through the intake of proper nutrients in the foods that we consume over time. With the current threat of COVID-19, our bodies health is of the utmost importance; free from inflammation and other illness. Supplements may also aid in getting the proper nutrients. Vitamin C and Zinc are touted as the best ones to help boost our immunity. That being said, there are several ways to get your daily dose from foods that are easy to get in our diets!

Foods high in Vitamin C: bell peppers, broccoli, citrus fruits, kiwis, 100 % OJ, strawberries.

Foods high in Zinc: oysters, chickpeas, cashews, pumpkin seeds, chicken, rib eye steak.

(Vitamin and Mineral Fact sheet link below)

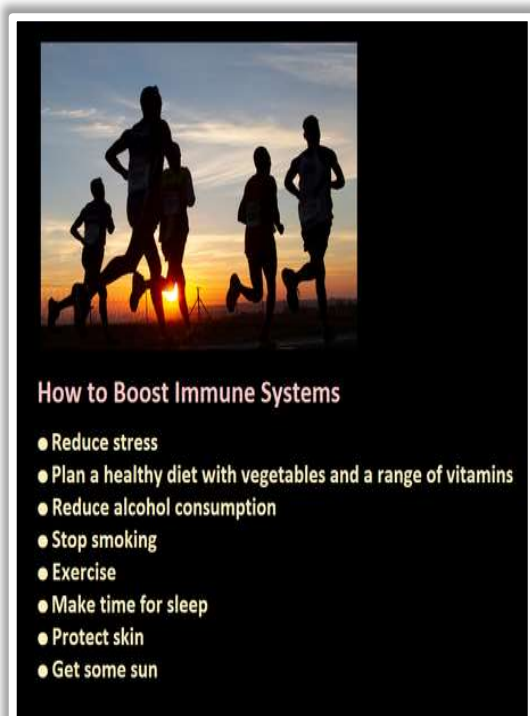
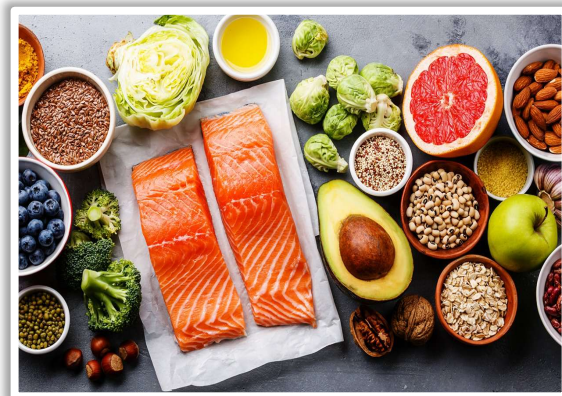
A serving of these foods provide the daily recommended intake. When choosing to use supplements, research dosages and safe brands (safety links below). Something to keep in mind in regards to dosage of vitamins and minerals, is that the side effects of taking too much can cause symptoms that mimic the virus, this could cause more stress for us and our families in this pandemic. Consuming too much can also cause inflammation and compromise our immune system which is the opposite of what we are trying to accomplish! Please utilize links below to help guide you.



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Boost with Foods

A healthy diet emphasizes fruits and vegetables (frozen is good), 100% whole grains, legumes, nuts and seeds, with moderate amount of fish, dairy foods, poultry, deer, elk, and beef or bison along with healthy fats (olive, avocado, safflower oils); and limited amount of processed red meats, processed and refined carbohydrates, and of course sugar. Healthy eating plate link to help guide you!



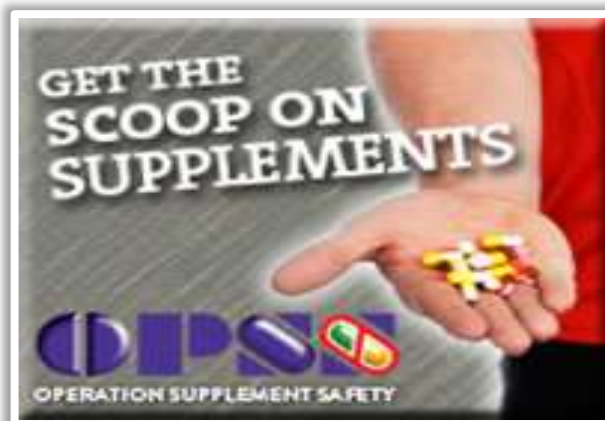
Extra Tips

There are things that we don't realize which also have a huge impact on the immune system's function. Here are some other common things that compromise it's defenses; not drinking enough water, smoking, lack of sleep, toxins in personal care and home cleaning products, stress and anxiety, lack of exercise, excess alcohol. Make a checklist of these items for you and your family to review and see where you might have room for improvement. Links below to assist you!

Safety

Supplement Safety is paramount; choosing a supplement can be overwhelming along with understanding the dosage and quality.

There is much to consider, especially in these times. Before taking anything higher than the recommended dosages or if you are taking prescription medications, please consult your physician for advice. Below are some links to help you choose products safely.



Supplement Safety:

<https://www.onlineholistichealth.com/gmp-certified-supplement-companies/>

<https://www.usp.org/verification-services/verified-mark>

<https://www.opss.org/>

<https://www.fda.gov/consumers/consumer-updates/fda-101-dietary-supplements>

<https://www.fda.gov/consumers/consumer-updates/beware-fraudulent-coronavirus-tests-vaccines-and-treatments>

Supplement Intake Recommendations:

https://www.ncbi.nlm.nih.gov/books/NBK545442/table/appJ_tab3/?report=objectonly

<https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t2/?report=objectonly>

<https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t7/?report=objectonly>

https://www.ncbi.nlm.nih.gov/books/NBK545442/table/appJ_tab9/?report=objectonly

Healthy Eating Links:

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

<https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>

<https://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>

Smoking Cessation Links:

<https://www.tricare.mil/CoveredServices/IsItCovered/TobaccoCessationServices>

<https://www.cdc.gov/tobacco/campaign/tips/groups/military.html>

<https://www.militaryonesource.mil/health-wellness/healthy-living/fitness-nutrition-active-living/8-rewards-of-tobacco-free-living>



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