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**HEALTH**  
DEPARTMENT  
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## BULLETIN BITS

KENT COUNTY COVID-19 CHURCH TASK FORCE  
[HTTPS://WWW.ACCESSKENT.COM/HEALTH/CORONAVIRUS.HTM](https://www.accesskent.com/health/coronavirus.htm)  
SUNDAY, AUGUST 30, 2020

### Enhancing Your Immune System Through Nutrition

Due to the impact of the novel coronavirus (COVID-19), people are taking preventative measures and seeking ways to improve health and boost their immune system. We definitely need our bodies' defenses to be as strong as possible. How can this be done? Consuming a variety of nutritious foods can help your immune system fight off illness. "Just like poor nutrition can lower your immune system, quality nutrition supports a strong foundation for a healthy immunity and may help you combat illness," says Dawn Davies, Public Health Educator, Kent County Health Department. Balanced nutrition can enhance your ability to resist infections and remain healthy. Modest amounts of a combination of these 5 essential vitamins and minerals will keep your body healthy.

- **Vitamin C** has antibodies which help fight against bacteria and infections. Try consuming more oranges, grapefruit, broccoli, strawberries, red bell peppers and tomato juice to get your fill of Vitamin C.
- **Vitamin D** helps fight off infections as well as works to maintain strong bones. Fatty fish such as salmon, tuna, and mackerel are among the best sources. Small amounts of vitamin D are also found in cheese, egg yolk, and mushrooms.
- **Vitamin A** helps to regulate the immune system and protects against infections by keeping your tissues and skin healthy. Vitamin A can be found in foods such as sweet potatoes, carrots, apricots and spinach.
- **Vitamin E** is another essential antioxidant whose job is to fight cell damage. Plant based foods such as nuts and peanut butter are filled with vitamin E.
- **Zinc** works as an antioxidant and boosts the metabolism along with helping to heal wounds. Meat, shellfish, beans/legumes and nuts/seeds are high zinc foods.

While it's generally considered safe to take a multivitamin, there's little evidence to suggest that taking high doses of certain vitamins and minerals individually will decrease your chances of getting sick. The best approach to preventing illness is to eat a diet that is high in fruits, vegetables, whole grains, heart healthy fats, and lean proteins to provide your body with the best variety of nutrients.

