

5 foods to boost your immune system

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Are you on the lookout for ways to improve your diet and boost your immune system?

Clinical dietitian Jaclyn Reutens recommends adding the following to your diet.

Mushrooms

Mushrooms are widely used in many dishes. They taste good and help boost your immune system.

Ms Reutens said: "Selenium is a powerful immune booster that can be found in mushrooms. They also contain B vitamins like niacin and riboflavin which can help to improve one's skin, digestive system and blood cells.

Acai berry

The acai berry gets its dark purple colour from the presence of anthocyanins which is an indication of antioxidants.

Ms Reutens said: "Antioxidants improve immunity by fighting diseases. You can add acai berries into cereals, milkshakes and fruit salads."

Red cabbage

Red cabbage contains sulforaphane, a phytochemical

that is said to reduce carcinogens in the body.

It also has a natural chemical called glutamine that is essential to the health and maintenance of the intestinal tract, which is where all the nutrients get absorbed. A lack of glutamine may compromise your gut and cause bacteria and toxins to enter the bloodstream easily.

Grapefruit

Grapefruit is said to have high levels of flavonoids which can help boost your immune system and kill off harmful particles.

"Flavonoids get rid of the free radicals that cause DNA damage and lower your immunity. It also contains vitamin C, which is known for its immune properties," said Ms Reutens.

Garlic

Many people tend to avoid garlic but it has been found to have immune-boosting properties.

Ms Reutens said: "Garlic is a natural antibiotic, and an anti-inflammatory and anti-bacterial ingredient. It contains allicin, which breaks down into sulphur compounds and is beneficial to health."

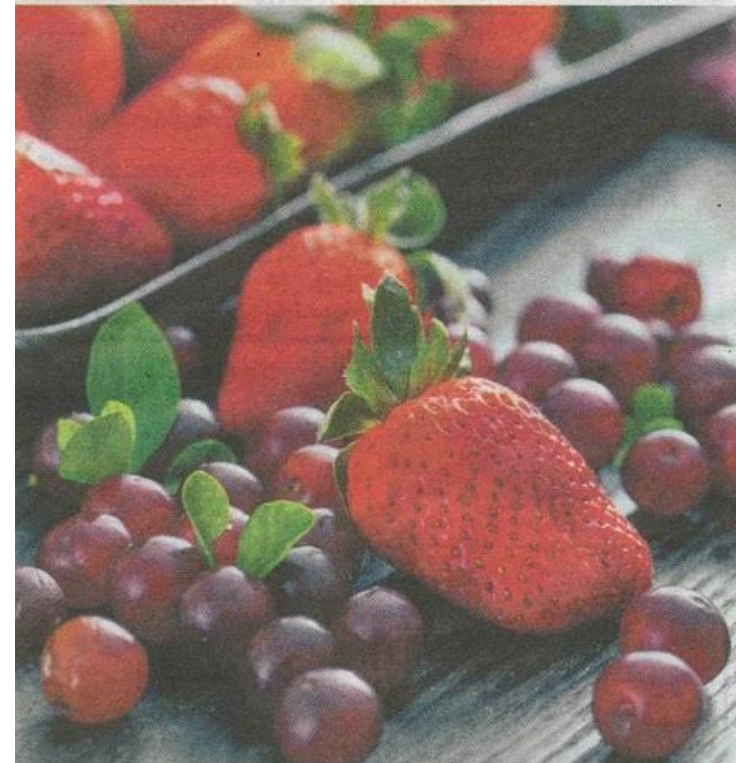


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