



HEALTH AND WELLBEING CHECKLIST

Date

26

Immune-Boosting Nutrition

A healthy diet can support your immune system and overall health. Use this checklist to incorporate immunity-enhancing foods into your meals.

Eat More Fruits and Vegetables

- Include a variety of colourful produce to get essential vitamins and antioxidants.
- Example: Spinach, oranges, blueberries, and carrots.



Incorporate Vitamin C-Rich Foods

- Add citrus fruits, bell peppers, strawberries, and broccoli to your diet.
- Tip: Squeeze lemon juice on salads or into water for a vitamin C boost.



Include Zinc-Rich Foods

- Eat nuts, seeds, legumes, and whole grains for their immune-supporting properties.
- Example: Add pumpkin seeds or chickpeas to salads.



Focus on Probiotics and Prebiotics

- Consume yoghurt, kefir, sauerkraut, or kimchi for gut health.
- Tip: Pair these with prebiotics like bananas, onions, or garlic for better digestion.



Stay Hydrated

- Drink enough water to keep your body functioning optimally.
- Tip: Aim for 8-glasses a day or adjust based on activity level.



Limit Added Sugars

- Reduce sugar intake to avoid suppressing your immune system.
- Example: Swap sugary snacks for fresh fruit.



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Checklists



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Incorporate Healthy Fats

- Include foods like avocados, nuts, seeds, and olive oil for anti-inflammatory benefits.
- Tip: Use olive oil instead of butter for cooking.



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