

What to eat to increase resistance, help the body fight viruses

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Here are the foods you should eat daily to help your body strengthen the resistance.

Citrus fruits

To help the body strengthen the resistance, we need to increase the intake of vitamin C, a nutrient that helps increase the production of white blood cells in the body. However, the human body cannot synthesize or produce vitamin C, so we need to supplement through foods.

Citrus fruits such as grapefruit, oranges, lemons . contain very high levels of vitamin C.



Broccoli

This is one of the vegetables that contains a lot of vitamins (A, C, E), fiber and other antioxidants that are good for health. You can add this type of food to your diet every day.

Papaya

This familiar fruit not only contains high levels of vitamin C, but also papain, a digestive enzyme that has anti-inflammatory effects.

Papaya is also a source of other nutrients that are important in boosting the body's immune system such as potassium, vitamin B and foliar acid.

Ginger

This food not only works to strengthen the body's immune system, but also helps reduce inflammation, relieve pain, prevent and treat other inflammatory diseases.

Garlic

According to medical studies, garlic contains a lot of vitamin C which helps to strengthen the body's resistance. In addition, eating garlic also helps lower blood pressure, slowing the process of arteriosclerosis.



Turmeric

Turmeric contains high levels of curcumin to help fight the flu. Turmeric also has anti-inflammatory effects used in many remedies.

Spinach (spinach)

In addition to being rich in vitamin C, this vegetable also contains a lot of antioxidants and beta carotene, substances that increase the anti-inflammatory ability of the immune system.

Red bell peppers

The amount of vitamin C in red bell peppers is more than double that of citrus fruits. In bell peppers also contain beta carotene, a nutrient that enhances the body's immune system and the skin's natural resistance helps fight harmful agents, especially pathogenic bacteria.

Types of shellfish

This food group contains a lot of zinc, micronutrients that are needed for immune cells in the body to function optimally. However, you should only take a moderate amount of zinc each day.

Crabs, shellfish, lobster, oysters . are some shellfish containing zinc that you can add to your diet.

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