

Top 10 Foods for Immune Support

Ten evidence-based foods that supply nutrients your immune system needs, including citrus, shellfish, and yogurt, with serving tips and cautions.

1 Citrus Fruits

Vitamin C

Serving: 1 orange or 1/2 grapefruit daily
Vitamin C supports immune cell function.

2 Red Bell Peppers

Vitamin C, vitamin A

Serving: 1/2 cup chopped
More vitamin C per serving than an orange.

3 Oysters and Shellfish

Zinc, selenium, B12

Serving: 3 oz cooked, occasionally
The richest food sources of zinc.

4 Yogurt and Fermented Foods

Live cultures, protein, vitamin D (if fortified)

Serving: 1 cup daily
May reduce inflammatory markers via the gut.

5 Garlic

Allicin, sulfur compounds

Serving: 1-2 cloves daily in food
Traditionally used for colds; evidence is limited.

6 Salmon and Fatty Fish

Vitamin D, omega-3s, protein

Serving: 2 servings per week
A rare natural source of vitamin D.

7 Brazil Nuts

Selenium

Serving: 1-2 nuts occasionally
Extremely rich in selenium.

8 Spinach and Leafy Greens

Beta-carotene, folate, vitamin C

Serving: 1 cup raw daily
Vitamin A precursors, folate, and vitamin C.

9 Beans, Lentils, and Chickpeas

Zinc, protein, folate

Serving: 1/2 cup cooked daily
Plant protein and zinc for those eating little meat.

10 Mushrooms

Vitamin D (UV-exposed), selenium, beta-glucans

Serving: 1 cup
Some contain vitamin D and selenium.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/immune-support/