



20 Foods To Build Your Immune Army

Almost 80% of our immune system is in our gut. Get healthy by eating healthier and feeding your digestive system the foods it will thrive on to keep you well all year round.

The following food list contains immune system supporting properties: beta-glucan, immunoglobulins, enzymes, beneficial bacteria, detoxification properties, immune enhancing vitamins and minerals, fatty acids, natural antimicrobial properties, antioxidants, antiviral properties and/or anti-fungal properties.

- Whey Protein Powder
- Kefir
- Kimchi
- Kombucha
- Tempeh
- Miso
- Pickles
- Sauerkraut
- Plain Yogurt
- Grass-Fed Beef
- Coconut Oil
- Blueberries and Raspberries
- Shiitake Mushrooms
- Matcha Green Tea
- Fresh Garlic
- Black Pepper
- Turmeric
- Cinnamon
- Cloves



*All items may not be in all stores

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