



NUTRITION IS KEY

Every time you eat or drink...
You are either feeding disease Or fighting it!

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Immunity



Immunity is the first line of defense against all illnesses including **Covid-19.**

To build strong immunity we need to

- Eat the right foods and keep yourself well hydrated.
- Do regular exercise.
- Sleep well.
- Minimise Stress.



Food

- Protein
- Zinc
- Selenium
- Iron
- Vitamin A
- Vitamin C



Protein

- Protein does the job of building and recreating the cells to make us stronger.
- Sources: Meat, fish, eggs, dairy, legumes & beans, nuts like almonds, walnuts, pistachios, cashew nuts.

Zinc

- Keeps the immune system strong, helps heal wounds, and supports normal growth.
- Zinc intake have been linked to a reduction in risk factors for some diseases, like heart disease, cancer and diabetes.
- Sources: Meat, Legumes & Beans, seeds like pumpkin seeds and sesame seeds, cashew nuts, almonds, milk and cheese.
- Other sources are eggs, wheat quinoa, rice and oats.

Selenium

- It is an antioxidant.
- Helps lower oxidative stress in our body, which reduces inflammation and enhances immunity.
- Sources: Brazil nuts, fish, turkey, ham, beef, chicken.

Vitamin A & C

- Vitamin A & C contributes to immune defense by supporting various cellular functions.
- Both are potent antioxidants.
- Sources:
 - Vitamin A: Carrot, mango, sweet potato, bell peppers
 - Vitamin C: Guava, Amla, Lime, orange, sweet lime, berries, broccoli.

Immunity Boost Powder mix

Mix well

- Cinnamon powder: 1/3rd tsp
- Nigella seeds powder : 1/2 tsp
- Carom seeds powder : 1/2 tsp
- Turmeric powder : 1/2 tsp
- Crushed black pepper : 1/3rd tsp

Take 2 tsp of this mixture, add half tsp of organic ghee or virgin coconut oil and add half tsp of Manuka honey [UNF 10+].

Spices & Condiments

Garlic:

- Has an effective role in managing high blood pressure, high cholesterol, cold, flu, and other general infections.
- Can be added to vegetable preparation, noodles, rice, stir fries. Can be chewed raw with water. Add to soups and stews.

Spices & Condiments

Cinnamon:

- Rich in antioxidants, fight inflammation and boost immunity.
- It reduces systemic inflammation from chronic health conditions.
- Cinnamon Tea, add to your deserts, add to your stir fries, make concoction with ginger, cinnamon, nigella seeds powder, black pepper powder boil with 1cup water, add half tsp of organic honey and lime juice.



Spices & Condiments

Nigella Seeds:

- Strengthens the immunity system which is responsible for curing diseases and combating viruses.
- Concoction made with ginger, cinnamon, nigella seeds powder, black pepper powder boil with a cup of water, add half tsp of organic honey and lime juice.
- Can used as tempering in vegetables, stir fries or have it as immunity boost powder mix.

Spices & Condiments

Carom Seeds(Ajwain):

- Rich source of antioxidants.
- Packed with antibacterial properties to help shield us against the seasonal infections.
- Can used as tempering in vegetables, stir fries or have it as immunity boost powder mix.
- Carom seeds boiled with water(Ajwain chai). Carom seeds with a pinch of table salt.

Spices & Condiments

Turmeric:

- Increases the immuno-modulating capacity of the body.
- Can used as seasoning in vegetables, stir fries, daal, soups or have it as immunity boost powder mix.
- Works best when had in combination of black pepper powder with very little organic ghee or organic coconut oil.

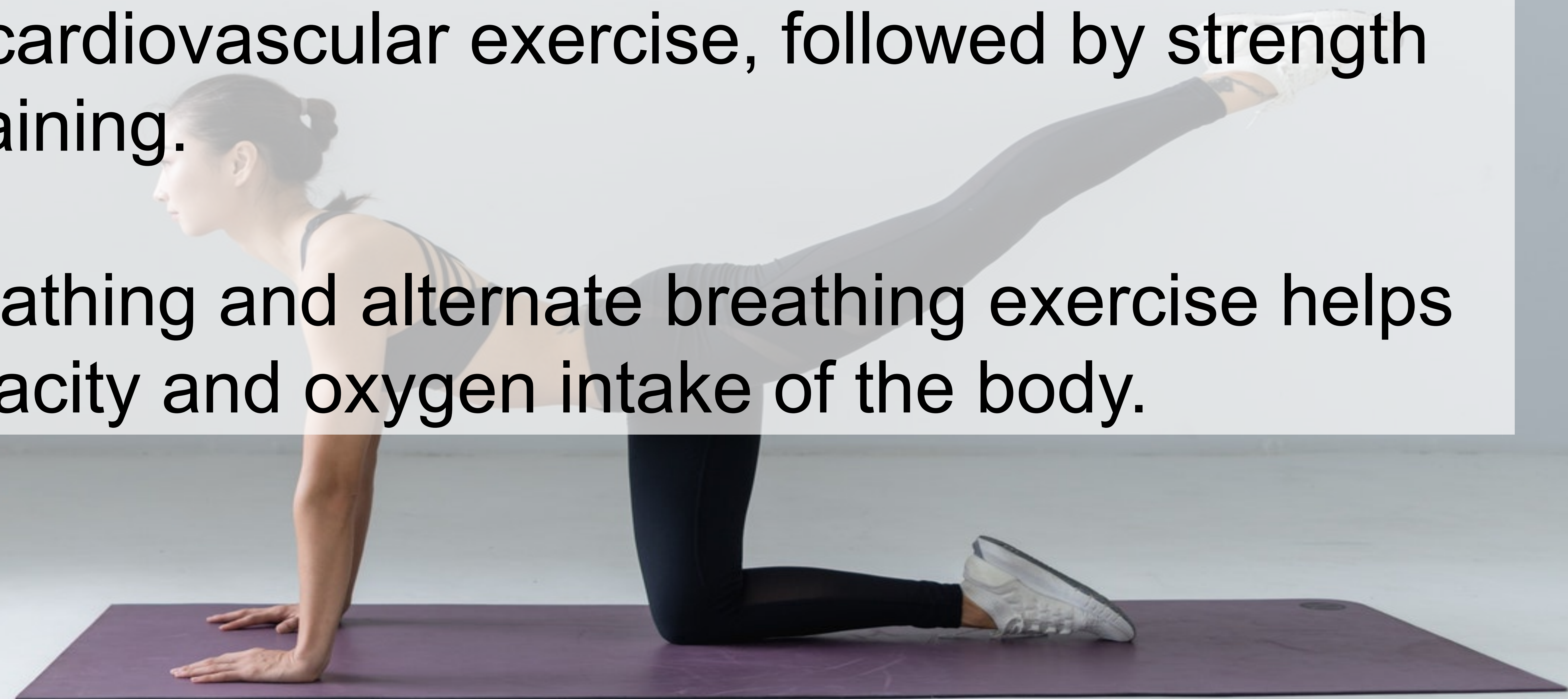
Sleep

A high-angle, close-up photograph of a man with dark hair and a beard, sleeping peacefully in a bed. He is wearing a light blue t-shirt and is covered by white sheets. His hands are clasped together near his chest. The background shows white pillows and bedding, creating a clean and serene environment.

- Good quality sound sleep helps in reducing stress and improves body's healing power.
- Sound sleep helps build antibodies and cells to fight against infection.

Exercise

- 30-45minutes of cardiovascular exercise, followed by strength and resistance training.
- Regular deep breathing and alternate breathing exercise helps improve lung capacity and oxygen intake of the body.



Healthy Tips:

- Start your day with warm water and lime.
- Squeeze lime juice on cooked food you eat.
- Add prebiotics like legumes and beans and probiotics like yogurt, curd, fermented food- idli, dosa, utthapam, dhokla, to your daily diet.
- Five servings of Fruits and vegetables (together) in a day.

source: discovermagazine.com

Healthy Tips:

- Eat vit. A rich foods like carrots, mango, papaya, sweet potato.
- Eat vit.C rich foods like guava, amla, lime, orange/ sweet lime, bell peppers, tomatoes.
- Have lots of warm fluids like green tea, fennel seeds tea, clear soups, lime water.
- For non vegetarians, add clear chicken broth or bone broth in the diet.

source: discovermagazine.com

Healthy Tips:

- Add herbs and spices like ginger, garlic, turmeric, oregano, thyme in our daily diet. Giloy juice is beneficial too.
- Vit. A, C, D, E, Iron, Zinc, Selenium, Omega 3 are very good for immunity boosting.
- Regular deep breathing exercise (Pranayam) is useful.
- Sound sleep for 7-8 hours at a stretch is important.

source: discovermagazine.com

Thank You



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