

HEALTH

IMMUNE

SYSTEM



# Function Of Immune System

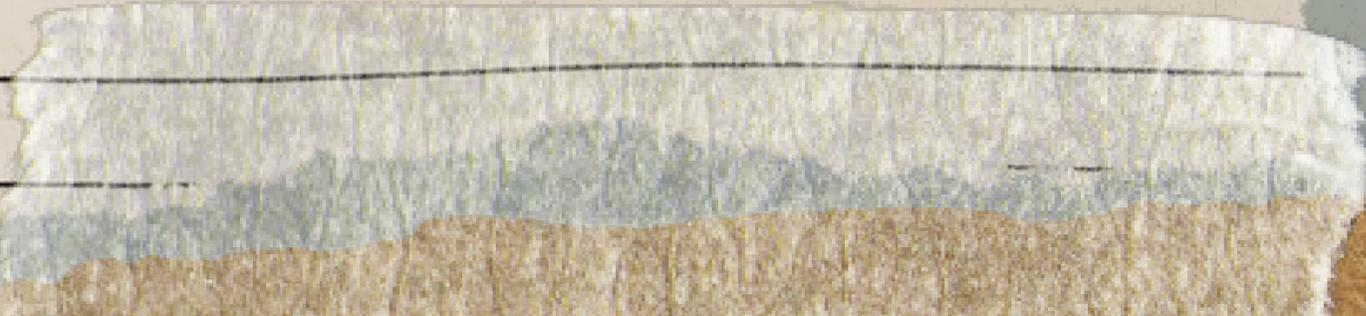


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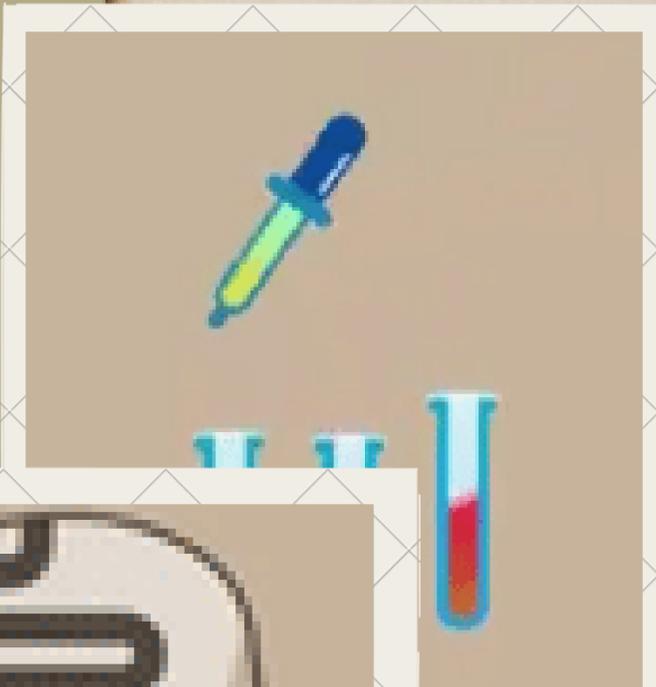
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Your child's immune system defends him or her against external threats. Bacteria, viruses, and fungi, as well as poisons, are among them (chemicals made by microbes).

The immune system is made up of interconnected organs, cells, and proteins.



# Factors That Can Cause A Person To Become Immunocompromised



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- Failure to consume the required number of calories.
- Stress and tension are present.

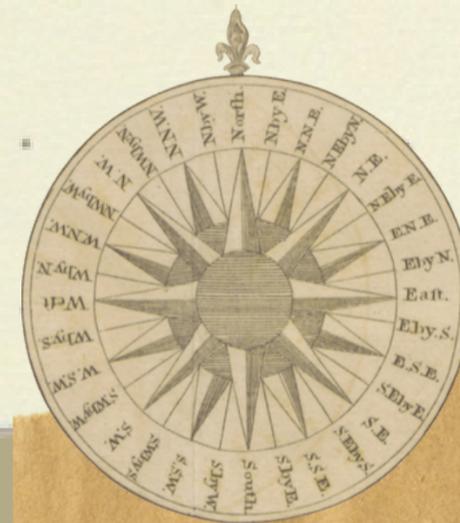
# How Good Nutrition Can Benefit Immune System?

Many micronutrients are required at each stage of the immune response in the human body. Vitamin C, vitamin D, zinc, selenium, iron, and protein are some of the nutrients that have been identified as essential for the formation and function of immune cells (including the amino acid glutamine).



- Magnesium: enhances the ability of white blood cells to find and eliminate pathogens.
- Vitamin E: promoting t-cell development.
- Vitamin B6: consuming vitamin B6-rich foods.
- Vitamin C: different biological activities are supported.

## Micronutrients That Support A Healthy Immune System



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Vitamins are required for energy synthesis, immunological function, blood coagulation, and a variety of other processes.

Minerals, on the other hand, are essential for growth, bone health, fluid equilibrium, and a variety of other processes.

Name of micronutrient:

**IRON**



Identify Food Source:

Vegetables  
and  
Fruits.





# Two Ways That A Person Can Get Micronutrients From Non-Food Sources

Eating a well-balanced diet rich in fruits, vegetables, legumes, whole grains, and lean protein sources, as well as healthy fats like nuts and olive oil, is the greatest way to get vitamins and minerals.

Minerals are not created by the body, although they can be found in foods including dairy, meat, nuts, fruit, and vegetables.



# Ways To Boost A Person's Immune System

- Take precautions against infection, such as washing your hands frequently and fully preparing meats.
- Eat a diet high in fruits and vegetables.
- Get adequate sleep



Thank you :)

