



DAV PUBLIC SCHOOL SECTOR-14GURUGRAM
“DAV WELLNESS”
“Monthly Newsletter”(December 2019)

Dear Students

“A Shot at Immunity”

For children to lead an active life and grow up to be healthy individuals it is important to boost their immune system.

Good nutrition and balanced food are vital to boost children's immune system. “A healthy, balanced diet is not only just good for kid’s bodies but also for their brains. They help in improving brain function, memory and concentration. Fruits and vegetables have long been known for their antioxidant content and richness of other nutrients and protect the child from multiple diseases and hence should be part of a child's diet.”

What is Immunity?

Immunity refers to the ability of the immune system, the body's biological structure, processes and organs that are specially developed for fighting of infections and hence preventing illnesses. This is essential for our survival, without which our bodies would be open to attack from bacteria, viruses, parasites.

Raising Immunity- Most fruits and vegetables have antioxidants, which revive the metabolic activity in the human body and help in combating diseases. They play an important part of your daily diet- leafy greens, cruciferous vegetables, oranges and lemons have enormous therapeutic value with their rich nutritional composition, high fiber and water content and boost immunity and improve stamina. Root vegetables like sweet potatoes, carrots and potatoes are immune strengthening and work specifically to strengthen the respiratory system.

Immune System Boosters-- Feeding your body certain foods may help keep your immune system strong. If you are looking for ways to prevent winter cold and the flu,. plan your meals to include these 15 powerful immune system boosters.

1. Citrus fruits-- Vitamin C is thought to increase the production of white blood cells. They are key to fighting infections. Popular citrus fruits include grapefruit, oranges, tangerines, lemons and limes.

- 
2. Red bell peppers-- Red bell peppers contain twice as much vitamin C as citrus fruits. They are also a rich source of beta carotene. Besides boosting your immune system, vitamin C may help maintain healthy skin. Beta carotene helps keep your eyes and skin healthy.
 3. Broccoli-- Broccoli is supercharged with vitamins and minerals. Packed with vitamin A, C, and E, as well as many other antioxidants and fiber, broccoli is one of the healthiest vegetables you can put on your table.
 4. Garlic—Garlic acts as immunity booster and may also help lower blood pressure and slow down the hardening of the arteries.
 5. Ginger-- Ginger may help decrease inflammation, sore throat, nausea, chronic pain and cholesterol.
 6. Spinach—Spinach has made to our list not just because it's rich in vitamin C but is also packed with numerous antioxidants and beta carotene.
 7. Yogurt-- Yogurt stimulates your immune system to help fight diseases. Yogurt can also be a great source of vitamin D. Vitamin D helps regulate the immune system and is thought to boost our body's natural defense against diseases.
 8. Almonds—Almonds are rich in vitamin E and C which is the key to a healthy immune system.
 9. Turmeric-- Used as an anti - inflammatory in treating both osteoarthritis and rheumatoid arthritis. It can help decrease exercise- induced muscle damage.
 10. Green tea -- Both green and black tea are packed with flavonoids, a type of antioxidant.
 11. Papaya-- Papaya is another fruit loaded with vitamin C. Papaya also has a digestive enzyme called papain that has anti-inflammatory effects.
 12. Kiwi- Like papayas, kiwis are naturally full of a ton of essential nutrients like vitamin C which boosts white blood cells to fight infection.
 13. Poultry- Chicken is good for immunity.
 14. Sunflower seeds- Sunflower seeds are full of nutrients including phosphorus, magnesium, and vitamin B-6. They are also incredibly high in vitamin E, a powerful antioxidant.
 15. Shellfish- Shellfish is packed with Zinc.

A healthy outside starts from the inside.