



## Tips to Promote Your Immune System

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*Click on the teal hyperlinks for more resources!*

The Novel Coronavirus-19 is new and evidence to support specific dietetic recommendations is not yet available; however, there is a lot of [misinformation](#) regarding foods and supplements promoted to “boost” the immune system.

The very best way to support your immune system is by engaging in health promoting behaviors **every day**:

- **Don't smoke.** Smoking [harms the immune system](#) and can make the body less successful at fighting disease.
- [Exercise](#) regularly.
- If you drink [alcohol, drink only in moderation](#).
- Get adequate [sleep](#).
- **Wash your hands** frequently!
- Try to minimize [stress](#). Stress weakens the immune system
- **Make sure your vaccines are up-to-date**, especially the **flu vaccine**.
- **Feed your body!** Do not restrict foods. Doing so may deprive your body of important nutrients.

The best way to **support your immune system everyday with your eating pattern** is to include:

- Lots of **colorful plant foods** at all of your meals and snacks. Variety is just as important as quantity (shoot for at least 2-3 cups per day).
- Lean Proteins
- Beans and Legumes
- Nuts and Seeds
- Whole Grains
- Healthy Fats
- Low-Fat Calcium Foods
- Stay hydrated with water!

### **While limiting:**

- Saturated Fat
- Sodium
- Added Sugars
- Highly Refined Foods

### **And avoiding entirely:**

- Trans Fats (Hydrogenated and Partially Hydrogenated Vegetable oil)

**Building an eating pattern around these guidelines** should provide adequate vitamins, minerals and phytonutrients for your immune system as well as the rest of your body.

For more information, check out these resources:

[MS Bites](#)

[Mayo Clinic Diet](#)

[USDA Choose My Plate](#)

[Can Do MS “Diet, Exercise, and Healthy Behaviors”](#)

[National MS Society “Diet & Nutrition”](#)

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