

21 EVERYDAY IMMUNE BOOSTING FOODS

Red, yellow & green peppers

Chillies

Kale & spinach

Broccoli

Papaya

Berries

Brussels sprouts

Pineapple

Kiwi fruit

Cantaloupe

Garlic

Ginger

Greek yoghurt

Tea, especially green tea and

Rooibos

Turmeric

Beets

Bok choy

Celery

Oats

Bananas

Oranges, lemons & limes

