



15 Simple Super Foods that Support Your Immune System

If you're looking to support your immune system and stick to a low-carb diet, you're in luck. There are many low-carb keto foods that support your immune system. In fact, while refined starches and sugar actually inhibit immune function, many health low-carbohydrate fats, proteins, and vegetables support your immune system.

These are a great choice during this COVID-19 pandemic. Here is our list of 15 Simple Super Foods That Support Your Immune System.

15 Simple Super Foods that Support Your Immune System

1. Anti-Inflammatory Spices i.e. Ginger and Turmeric

Looking for a strong anti-inflammatory, immune-boosting punch? Ginger and Turmeric are potent spices with anti-inflammatory components. In fact, the main compound in turmeric, curcumin, can reduce inflammation, joint pain, and provide a plethora of [health benefits](#).

What's more, ginger has similar functions. It can reduce inflammation, promote whole-body health, boost the immune system, and relieve pain with its [strong antioxidants](#).

Why is reducing inflammation important to support your immune system? Inflammation directly affects the immune system by changing the course of hormones and impacting the immune response (1).

2. Fish Oils and Omega-3 Sources

Like anti-inflammatory spices, omega-3 fats from fish and seafood are foods that support your immune system. In fact, they are some of the most potent compounds to reduce inflammatory hormone production.

It's vital to have a good ratio of dietary omega-3 fats compared to omega-6 fats. Both are needed for human health, but modern diets are far too high in omega-6 foods (mostly due to processed foods), and too low in omega-3s from fish and seafood, seeds, nuts, and more. Great choices for omega3 fats are salmon, halibut, and tuna.

3. MCT Oil Powder

While it works differently than omega3 fats, the medium-chain triglycerides in MCT Oil Powder also reduce inflammation. In fact, studies have shown that MCT oil directly reduces C-reactive protein (a marker for inflammation) (2).

4. High Antioxidants Fruits and Vegetables

Antioxidants are also vital compounds in foods that support your immune system.

Antioxidants fight free radicals that damage all cells and systems, including the immune system, reducing inflammation, and support cellular detoxification.

For example, two high-antioxidants superfoods found in [Divine Health Fermented Green Supremefood](#) and [Organic Red Supremefood](#) that support the immune system in this way are beets, spirulina, and wheatgrass (3, 4, 5, 6).

Great choices include berries, asparagus, greens, kale, broccoli, cauliflower, and more.

5. Extra Virgin Olive Oil

Oleocanthal is a special compound found in abundance high-quality Greek olive oils such as Dr. Colbert's [Keto Zone Harvest Greek Extra Virgin Olive Oil](#). Oleocanthal and extra virgin olive oil is a food that supports your immune system.

In fact, it contains disease-fighting antioxidants, anti-cancer compounds, anti-inflammatories, and compounds that support heart health. Oleocanthal is so strong it reduces inflammation in

similar strength to some medications, like ibuprofen (4). Additionally, it provides both antibacterial and anti-viral action (5).

6. Avocados

Avocados are another anti-inflammatory food that supports your immune system. It has fats called phytosterols. They are known to combat the inflammation associated with arthritis. Avocados also contain polyhydroxylated fatty alcohols (PFAs), which are also potent anti-inflammatories. Lastly, avocado's oleic acid supports digestive tract health to directly boost the immune system.

7. Proteins from Eggs, Meats, and More

While many people consume more protein than they need, it is still a vital macronutrient for the immune system. In fact, when people suffer from protein malnutrition, they are typically unable to fight diseases from bacteria or viruses.

The immune system, hormones, cellular growth and repair, and other systems all rely on adequate protein.

8. Collagen and Bone Broth

If you've been told to eat chicken noodle soup when you're sick, it's mostly for the bone broth. The collagen in bone broth and [hydrolyzed collagen powder](#) supports the immune system by:

1. Providing amino acids and proteins
2. Support the cells in the digestive tract
3. Reducing inflammation

9. Natural and Supplemental Probiotics

One very important step to support your immune system is to support your gut. The cells in the digestive tract and the healthy bacteria that live there are vital to the immune system and nourishment of the whole body. There are many ways to get probiotics, or healthy bacteria, in low-carbs foods.

These include probiotics found in [Keto Zone Hydrolyzed Collagen with Probiotics](#), [Organic Green and Red SupremeFood](#), [Keto Zone Living Chia](#), plain yogurt, kimchi, kombucha and more.

By adding healthy bacteria to your diet, you can support your immune system (8).

10. Garlic and Onions

Garlic is a wonderful food to support your immune system.

Garlic's compounds fight viruses, kill bacteria and supports cellular detox. Studies show that garlic may be effective against antibiotic-resistant strains of bacteria (9) and strong viruses.

Additionally, onions support your immune system with antioxidants, anti-bacterial and anti-cancer compounds.

11. Lemons and Lemon Juice

Vitamin C is one of our most-studied and well-known antioxidants. Lemons contain vitamin C plus antibacterial components effective throughout the mouth and intestines.

12. Black Pepper, Cinnamon, and Cloves

Setting in your spice cupboard are incredibly strong foods that support your immune system (in addition to turmeric and ginger). These include:

- [Black peppercorns](#) support your immune system with potent antioxidants like piperine and anti-inflammatory compounds. They are so strong they have anti-cancer effects on many different types of cancer cells (10).
- Cinnamon is not only known for being anti-inflammatory, but its cinnamaldehyde can also fight infections directly. It inhibits *Salmonella*, *Staphylococcus aureus*, and *Helicobacter pylori*. What's more, it can fight tooth decay and supports the immune response to infection.
- Cloves, like cinnamon, are a spice that supports immune health, fights bacteria, and fights free radicals.

13. Cauliflower and Broccoli

Cauliflower and broccoli are amazing vegetables. In addition to antioxidants that fight oxidative stress, their nutrients specifically support cellular detoxification to keep cells healthy and thriving. This includes both Phase 1 and Phase 2 [cellular detoxification](#).

14. Apple Cider Vinegar

Organic apple cider vinegar is an ingredient in many folk medicine cures. It is known to fight both bacterial and viral infections, yeasts, and more. Importantly, you should never drink it straight. Always dilute to just 1-2 tablespoons per 8 ounces liquid to protect your esophagus.

15. Water, Green Tea, and Black Tea

Green and black tea are packed full of antioxidants that fight free radicals, fight bacteria, and support your immune system. In fact, their specific nutrients fight microbes in the mouth.

And water? Not only is it necessary for life, but it's also necessary for the immune system. Especially during times of viral outbreak, it's important to stay hydrated and keep your mouths and airways moist.

BOTTOM LINE

You don't have to go shopping for extravagant foods to eat super foods that support your immune system. In fact, many on our list are probably already in your home. So, make it a point during this COVID-19 outbreak to consume foods that support your immune system. Keep working to keep healthy!

Source: DrColbert.com, America's #1 Doctor for Faith & Medicine

<https://drcolbert.com/15-simple-super-foods-that-support-your-immune-system/>