Grow
Early Education

Building Immune System Through Foods

VITAMIN A RICH FOODS

Fruits and vegetables, particularly those that are red, orange, and yellow.

INCLUDE SOME VITAMIN C

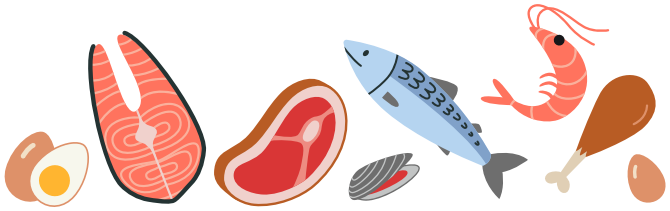
Citrus fruits, kiwi, strawberries, and green leafy vegetables

A HEALTHY DOSE OF VITAMIN B6

Whole grain cereals, legumes, green and leafy vegetables, fish, meat, and poultry.

HIGH IN IRON

Red meat, fish, chicken, and eggs.



FOODS CONTAINING ZINC

Animal products such as beef, cheddar cheese, and eggs or plant-based products such as rolled oats, peanuts, and rice.

Source: nestlefamilynes.com.au