

# Personalized Nutrition for Immune Resilience



/AmericanNutritionAssociation

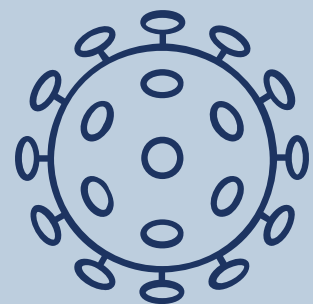


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Each of us has a unique immune response. Individual responses require individualized interventions. Personalized nutrition is uniquely equipped to prevent and manage inflammatory chronic conditions in high-risk groups and to optimize immune health for all.

## Creating Immune Resilience

- 1 Balance Inflammation
- 2 Address Insulin Sensitivity
- 3 Support Healthy GI & Microbiome
- 4 Prime Stress Response
- 5 Optimize Nutrient Status

## Getting to Know You

FOOD & EATING HABITS

LIFESTYLE

- Sleep, activity, stress, social

BIOMARKERS

- 25-hydroxy vitamin D
- C-reactive protein
- Fasting insulin & HgbA1C



Find a Practitioner

## Key Immune Components

Vitamin A

Vitamin C

Vitamin D

Luteolin

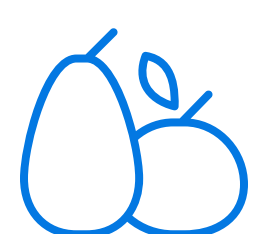
Melatonin

Quercetin

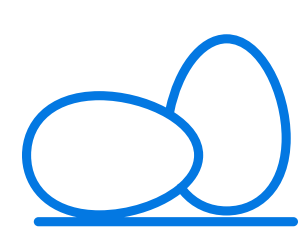
Resveratrol

Zinc

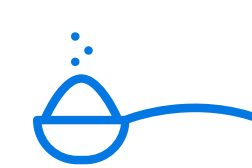
You can support immune health today and everyday by incorporating:



Phytonutrients from a variety of colorful plant foods



High-quality protein sources



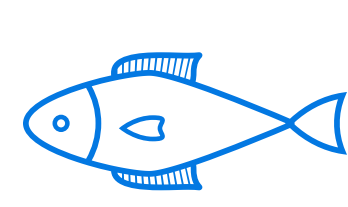
Herbs and spices like turmeric, oregano & rosemary



Regular movement, rest, & stress relief



Fresh leafy green vegetables like cabbage, spinach & kale



Healthy fats like omega-3 rich fish, avocado & coconut



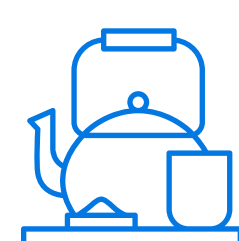
Fibrous pre-biotics like allium & fermented probiotic-rich foods



Social connections with loved ones



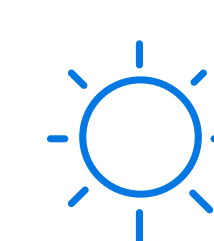
Citrus fruits containing quercetin & hesperidin



Green tea provides catechin and EGCG



Nuts and seeds high in Zn and Se like sunflower seeds & Brazil nuts



Time in nature for wellbeing, fresh air & safe sun exposure