

• NUTRITION GUIDE •

NUTRITION AND FOOD SAFETY FOR INDIVIDUALS WITH COMPROMISED IMMUNE SYSTEMS



PROTEIN

Helps maintain immune system. Protein is needed to make, repair, and maintain the cells in the body.



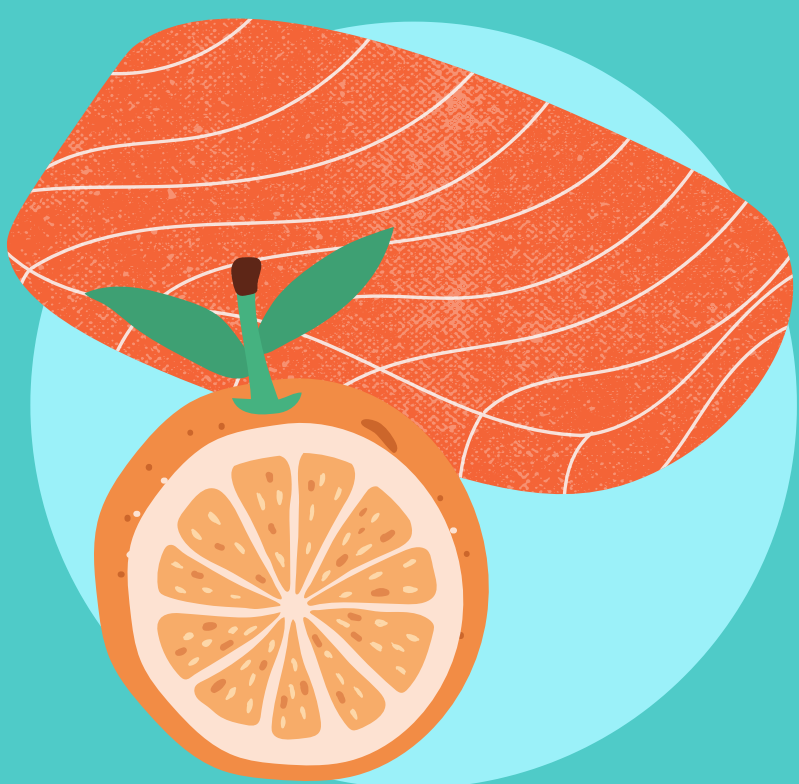
CARBOHYDRATES

Main source of the body's energy. Carbohydrates help fuel your heart muscles, brain, kidneys, and nervous system. Fiber is an essential carbohydrate that helps in digestion, feeling full, and managing blood cholesterol levels.



FAT

Major storage form of energy in the body and a fuel source. Fat supports cell growth, and acts as a messenger for protein and its function.



VITAMINS&MINERALS

important for skin, lung, bone and stomach health. Essential for protecting the body against infection, maintaining immune system, protecting cells, and reducing chances of anemia.



WATER

Helps avoid dehydration and helps reduce the side effects of medications. Fluids also transport the nutrients you need throughout your body.



FOOD SAFETY

Practice food safety to reduce the risk of getting sick.
TIPS: Use separate cutting boards for raw meat, wash fruits and vegetables, avoid eating raw eggs, meats, and seafood, and wash hands, utensils and cutting boards after every use.