

Diet to boost Immunity in seniors:



1.



Yogurt:

It is a great immunity booster for seniors. It contains vitamin D as well as good bacteria that can allow your body to fight diseases by stimulating your immune system.

2.



Fruits and Vegetables:

It's a proven fact that good health and nutrition go hand in hand. As the elderly are more prone to infections, a diet rich in certain vitamins and minerals can create a wall of immunity. You can include fruits and vegetables that are rich in beta-carotene, vitamin C & E and even zinc. These changes in the diet of the elderly can surely help them fight the infection.

Foods rich in beta-carotene: Carrots, Sweet potatoes, Red and yellow capsicum, Dark leafy greens, such as spinach.

Eating spinach regularly acts as a sunscreen for your eyes, protecting them against age-related macular degeneration

Fruits rich in vitamin C: Orange, Kiwi, Lemon, Grapes.

Guava: vitamins A and C, fibre, magnesium, iron, folate, and more.

Blueberries: They are high in nutrients and help with cardiovascular health.

3.



Green Tea:

Sipping on green tea is an inexpensive way to get antioxidants that enhance the immune system.

4.



Herbs that are must:

Some immunity-boosting herbs are garlic, black cumin, and liquorice (Mulethi in Hindi). Include them in seniors' diet in the form of tea, or by adding it in their food. This will not only enhance their immunity but improve their gut health as well.

5.



Food rich in Vitamin E:

Some researchers have proven that vitamin E is vital for maintaining the overall health of the senior people, including their immunity. Vitamin E is a powerful antioxidant that can protect you from various infections, bacteria and viruses. Include soaked almonds, peanut butter, sunflower seeds to get the daily dose of vitamin E.