



Children First  
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.



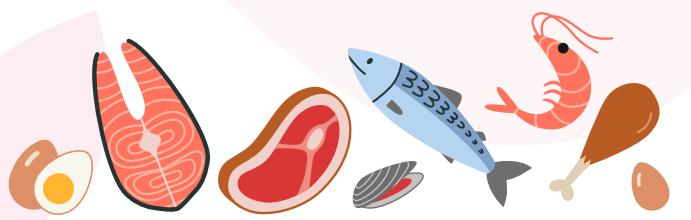
### A HEALTHY DOSE OF VITAMIN B6

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.

