Cook it!
fun, fast food for less

nourish

Stay at home, protect the NHS, save lives.

Can I boost my immunity through diet?

You cannot "boost" your immune system through diet and no one specific food or supplement will prevent you catching COVID-19. Good hygiene practice remains the best means of avoiding infection.

Eating a varied and well balanced diet will help keep your immune system working well. Eating a variety of fruit and vegetables will give us plenty of Vitamin C. Don't forget that they can be frozen, canned, juiced or dried as well as fresh.

https://www.bda.uk.com/resource/healthy-eating.html

HSC Southern Health and Social Care Trust
Quality Care - for you, with you

U Matter Supporting U to Live & Work Well