

BOOST IMMUNITY WITH DAIRY PRODUCTS

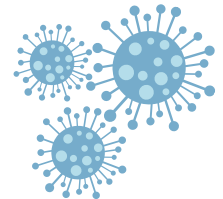
Did You Know?

Dairy products provide four important nutrients for immunity



Vitamin D

Zinc and vitamin D have a **synergistic relationship**, and dairy products contain both! There are a **limited number of food sources with vitamin D**, and dairy just happens to be a big one.



Vitamin A

Vitamin A has **anti-inflammatory** properties and plays a **foundational role** in the development of our immune systems.

Zinc

Zinc plays a role in **immune function**, **wound healing**, as well as the **growth and development** of immune cells.

Selenium

Selenium helps you **maintain a healthy immune system**. It has **antioxidant** properties, helping **protect healthy cells** from damage.

Children's Immunity & Nutrition Are Connected

Eating a balanced diet consisting of **protein, fruits, vegetables, whole grains, and of course, dairy products**—is an easy way to **help prevent disease and infection**. Colorful vegetables and fruits contain other immune-boosting vitamins like **C, A, and B6**. Have you ever heard, “eat the rainbow?” When in doubt, fill your kids’ plates with tons of colors to ensure they’re getting as many immunity-boosting nutrients as possible!

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