

### Introduction

A healthful, balanced diet plays a vital role in staying well. The following foods may help to boost the immune system:

### Foods

1. Blueberries
2. Dark chocolate
3. Turmeric
4. Oily fish
5. Broccoli
6. Sweet potatoes
7. Spinach
8. Ginger
9. Garlic
10. Green tea
11. Kefir
12. Sunflower seeds
13. Almonds
14. Oranges or kiwifruit (kiwis)
15. Red bell pepper



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