




Food and Immunity Bingo

A strong immune system can help protect you from colds, the flu, and other infections. Encourage your team members to play “Food and Immunity Bingo,” to promote foods, nutrition habits, and lifestyle choices known to strengthen your immune system.

DIRECTIONS: Make the dietary choices listed in each box and cross them off. Complete a row, column or diagonal and... BINGO!

BINGO				
 Water	 Ginger	 Green Tea	 Broccoli	 Oranges
 Prebiotics*	 Omega 3 fatty acids**	 Vitamin D rich Foods	 Eggs	 Dark Chocolate
 Tomatoes	 Plain Greek Yogurt	 Carrots	 Garlic	 Cooking with Extra Virgin Olive Oil
 Turmeric	 Berries	 Reduce Sugar Intake	 Peppers	 Chicken Soup
 Apples	 Unsalted Plain Nuts	 Leafy Greens	 Mushrooms	 Reduce Alcohol***

* Prebiotics are types of dietary fiber that feed the friendly bacteria in your gut. Healthy prebiotic foods include chicory root, dandelion greens, garlic, onions, leeks, and asparagus.

** Omega 3 fatty acids are found in certain types of fish and in plant sources such as nuts and seeds. They are known for their anti-inflammatory properties and can assist the body in its overall response to viral infections.

*** Keep to less than 7 drinks per week.

- » Many of the foods listed above — such as apples, green tea, turmeric, ginger and dark chocolate — contain compounds with anti-inflammatory properties that help boost immunity.
- » Plain Greek yogurt is packed with probiotics, healthy bacteria that can help boost your immune system.
- » Foods such as broccoli, carrots and peppers are rich in beta carotene, an antioxidant that has been shown to increase immune cell numbers and activity. Beta carotene also enhances cancer-fighting immune functions in healthy individuals.

- » Tomatoes, oranges, carrots and berries are rich in vitamin C and other antioxidants that help protect the immune system.
- » Specific amino acids found in protein have been shown to help the immune system function efficiently and effectively. Eggs and nuts have lots of protein.
- » Chicken soup contains antioxidants known to build a strong immune system and protein that provides amino acids that help build antibodies to fight infection.
- » Vitamin D is an important immune system-strengthening nutrient.