

Immune System Boosters for Kids: 10 Ways to Keep Them Healthy!

Working these immune system boosters into your kids' daily routine will help keep them in tip top shape!. Here are 10 of the best immune system boosters for kids!

1. Vitamin D

Getting your daily dose of vitamin D is extremely important for your health, and especially the health of your kids. Vitamin D is an important component of T-cells, which guard your body against bacteria and disease. You can find vitamin D in milk, egg yolk, and direct sunlight is best!

2. Smoothies

Do your little ones love smoothies? Healthy smoothies filled with ingredients such as berries, apples, chia seeds, cinnamon, and bananas work great to keep the immune system in check.

3. Probiotics

Probiotics are good bacteria that result in a healthy gut, and they're a great way to boost your child's immune system. Probiotics are also great for the digestive system and help with the absorption of vitamins, minerals and nutrients. You can find probiotics in kid-friendly foods such as yogurt or laban.

4. Anti-Oxidants

Eat fresh food that are rich in anti-oxidants to maintain your kids immune system healthy. Sweet potatoes, Cruciferous Vegetables are vegetables like cabbage, broccoli, and cauliflower are highly recommended.

NB: add ginger, turmeric into your daily dishes.



5. Play time

With the influx of technology for children, screen time is at an all-time high and many kids are spending their time watching TV or playing on iPads rather than getting outside . Exercise boosts the immune system and keeps your little ones healthy. Keep them moving!

6. Oral hygiene

Proper oral hygiene is essential for healthy kids! Make sure they are brushing their teeth every morning and night to prevent the spread of sickness. When you don't brush and floss regularly, plaque will accumulate on the gums, which makes it easy for bacteria and infection to form. A healthy mouth contributes to overall health, so make brushing and flossing a must in your household.

7. Lots of fluids

Fluids like water, soups and teas are essential for a healthy immune system. The immune system doesn't work properly when it's dry, and when you're sick, you tend to lose even more fluids. To keep your children healthy, they should be drinking about 5 to 8 glasses of water per day. This will help protect them against bacteria and illnesses that take off during cold and flu season

8. Chicken soup

Homemade chicken soup is one of the heartiest meals around, and you can stock it with immune-boosting ingredients. Chicken is a great source of protein, which your body needs for both growth and repair, plus you can add in veggies like dark leafy greens, carrots, and celery. Make sure to add lots of garlic, too! Garlic is a super immune system booster in itself. It's anti-bacterial, anti-fungal and anti-viral, plus it's one of the best natural antibiotics!

9. Omega3- Fatty Acids

In order for our immune systems to stay healthy, they need these essential omega3- fatty acids. You find it in foods such as nuts and seeds, eggs, soy beverages, and salmon.

10. Echinacea, Tea...

Echinacea is a herb that majorly supports the immune system as it has been found to increase white blood cell activity. Since white blood cells are the body's natural defense against sickness and disease, increasing their activity is definitely a good thing!

These immune system boosters for kids will help keep your household healthy this season. Make sure your little ones are fed a healthy diet, and are getting proper play and sleep time. It will make the season much more enjoyable all around!

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