

# MINERALS FOR IMMUNITY

Nutrition Tip

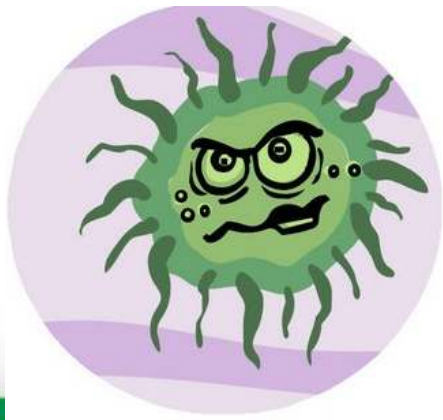
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# ZINC

- Zinc increases the production of white blood cells and T-cells to help the body fight infection off
- A low zinc status has been associated with increased susceptibility to pneumonia and other infections



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Each of the food below provides the daily requirement for **zinc** :



1 medium oyster



½ cup  
bran flakes



8 drumsticks



2 Alaska King Crab



140g pumpkin seeds






2 cups  
baked beans



*Overdosing of zinc for long term will cause toxicity*



Each of the food below provides the daily requirement for **zinc** :

	<b>1 medium oyster</b>		<b>2 Alaska king crab</b>
	<b>½ cup bran flakes (20g)</b>		<b>140g pumpkin seeds</b>
	<b>8 drumsticks</b>		<b>2 cups baked beans (500g)</b>



*Overdosing of zinc in the long term will cause toxicity*



# SELENIUM

- Selenium is incorporated into proteins to make selenoproteins
- Selenoproteins are enzymes that are essential to protect against oxidative damage and to regulate immune function



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Each of the food below provides the daily requirement for **selenium** :



1 chicken breast



2 fillet of beef  
(170g)



2 fillet of steak  
(170g)



85g tuna



3 eggs



65g  
sunflower seeds









4 slices  
wheat bread



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Each of the food below provides the daily requirement for **zinc** :

	<b>1 chicken breast (170g)</b>		<b>3 large eggs</b>
	<b>2 beef fillet (170g)</b>		<b>85g tuna</b>
	<b>2 lamb fillet (170g)</b>		<b>4 slices wheat bread (100g)</b>

**CAUTION**

*Overdosing of zinc in the long term will cause toxicity*

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