

MINERALS FOR IMMUNITY

Nutrition Tip

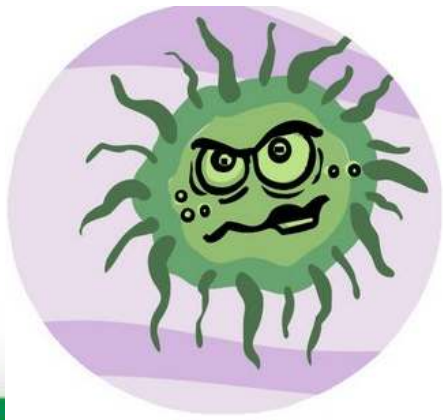
APPETON[®]

Health For Life



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** :

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



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



Overdosing of zinc for long term will cause toxicity



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

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

CAUTION

Overdosing of zinc in the long term will cause toxicity

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