

Top 10 Nutrition Tips to Support Immunity



Tip 1: Ensure adequate overall energy intake

To keep your immune system functioning at its best, eat enough energy to meet all your body needs.



Tip 2: Choose a variety of nutritious foods

Choose “whole foods” over heavily processed ones, find a rainbow of colours with fruits & veggies and explore wholegrains. Some processing is useful when it allows real foods to last longer. Frozen, canned and dried fruits and vegetables can be great.



Tip 3: Stay fuelled during prolonged exercise

Carbohydrates are the best for prolonged, high-intensity exercise sessions. Consider carb support before, during and after these types of sessions.



Tip 4: Spread your protein

Spread protein over the day. Have a moderate serve of dairy, eggs, meats or vegetarian proteins at each meal, rather than simply loading up at dinner.



Tip 5: Stay hydrated

Stay hydrated during the day. Drink small sips of water frequently to maintain salivary rate - your first line of immune defence.



Tip 6: Avoid fad diets

Now is not the time to try a new fad diet or food restrictions. Your body needs nourishing foods from all food groups to support and maximise your physical and mental health.



Tip 7: Maintain good gut health

A healthy gut, hosting a wide diversity of bacteria, plays a role in immune health. To support your gut microbiome:

- Consume probiotics found in yoghurt, kefir and fermented foods (e.g. kombucha, kimchi, miso, tempeh, sauerkraut and sourdough bread)
- Increase high fibre foods like wholegrain breads and cereals, fruit, vegetables, lentils, nuts and seeds



Tip 8: If you're in isolation

- Stocktake the food in your pantry, fridge and freezer
- Be creative in making new recipes from what you have available
- Plan a menu for your time in isolation
- Write a list of items you need and enlist the help of a 'free-living' friend/family member to shop for you
- Use ready-made meals either from the supermarket or delivered to your door



Tip 9: Wash your hands

Follow appropriate hand washing guidelines and ensure you are washing your hands before handling, preparing and eating food. Carry a hand sanitiser if you purchase and/or eat food out of your home.



Tip 10: Ask an expert

Talk to your Sports Dietitian for quality, individualised nutrition advice.



Top Tip: Rest and recover

Prioritise sleep. Take time to unwind at the end of the day, switch off from technology and practice good sleep habits.