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.