

Nutrition and optimising immunity



Immune health is supported by a balance of macronutrients, vitamins, minerals, antioxidants and phytochemicals. No nutrient works in isolation. The easiest way to make sure we are getting enough is to eat a varied diet, that is predominantly plant-based, together with whole, unprocessed foods from the five core food groups.



We are always learning more about the link between gut health and immunity. We know that dietary fibre is essential for optimal health. The prebiotic fibre found in fruits, vegetables, wholegrains, legumes, nut and seeds help feed the good bacteria and promote greater diversity in your gut to fight off infection.



Take a holistic view of immune health. Immunity is influenced by age, genetics, sleep, exercise, alcohol consumption, body weight and even environmental factors such as living in rural vs urban areas. There is no magic bullet for optimal immunity. Healthy habits that we make and sustain over time will help support our immunity the most.

