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Fruits
and
Vegetables

That Will Boost Your Immune System

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41 POWERHOUSE FRUITS AND VEGETABLES WITH NUTRIENTS THAT BOOST YOUR IMMUNE SYSTEM












The following fruits and veggies contain nutrients that increase energy and help your immune system to grow and help in production of DNA, which controls tissue growth and cell function.











These nutrients gives you an OVERALL feeling of completeness and wellness as you wake up your brain and get on with your daily activities.

They were tested by the Center for Disease Control (CD) for the following 17 nutrients: Potassium, Fiber, Protein, Calcium, Iron, Thiamin, Riboflavin, Niacin, Folate, Zinc, and Vitamins A, B6, B12, C, D, E, and K.

Item	Nutrient Density Score	
Watercress	100.00	
Chinese cabbage	91.99	
Chard	89.27	
Beet green	87.08	
Spinach	86.43	
Chicory	73.36	
Leaf lettuce	70.73	
Parsley	65.59	

Romaine Lettuce	63.48	
Collard green	62.49	
Turnip green	62.12	
Mustard green	61.39	
Endive	60.44	
Chive	54.80	
Kale	49.07	
Dandelion green	46.34	
Red pepper	41.26	
Arugula	37.65	
Broccoli	34.89	

Pumpkin	33.82	
Brussels sprout	32.23	
Scallion	27.35	
Kohlrabi	25.92	
Cauliflower	25.13	
Cabbage	24.51	
Carrot	22.60	
Tomato	20.37	
Lemon	18.72	
Iceberg lettuce	18.28	
Strawberry	17.59	

Radish	16.91	
Winter squash (all varieties)	13.89	
Orange	12.91	
Lime	12.23	
Grapefruit (pink and red) Grapefruit (white)	11.64 10.47	
Rutabaga	11.58	
Turnip	11.43	
Blackberry	11.39	
Leek	10.69	
Sweet potato	10.51	

Density were calculated as the mean of percent daily values (DVs) (based on a 2,000 kcal/d diet) for the 17 nutrients as provided by 100 g of food, expressed per 100 kcal of food. Scores above 100 were capped at 100 (indicating that the food provides, on average, 100% DV of the qualifying nutrients per 100 kcal).