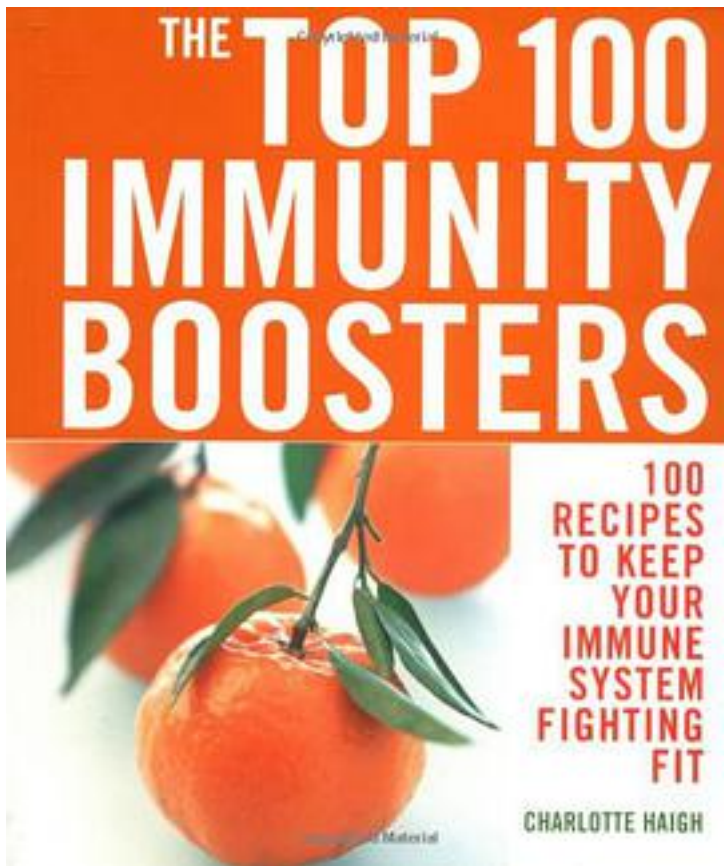


# The Top 100 Immunity Boosters



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Eat well today for a healthier tomorrow With proper nutrition, we can actually bolster our immune system--and, as these 100 recipes prove, it's not only easy to do, it's also delicious. Here are foods rich in important vitamins, such as A, B complex, C, and E; in minerals, including zinc, selenium, and calcium; in Omega-3 and -6 fatty acids; and in protein and fiber. For each choice, there's a tasty recipe, and information on its

beneficial nutrients. Enjoy a sweet potato summer salad (with lots of betacarotene); cholesterol-lowering guacamole; broccoli stir-fry (a potential cancer-fighter); and a tasty blueberry smoothie. An ailment directory makes it simple to locate the right food for any problem.

作者介绍:

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