



# **NUTRITION AND THE IMMUNE SYSTEM**

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Hard and heavy exercise has negative effects on the immune system. Every time your body becomes tired and exhausted from exercise/training your immune system will be more prone to infections.

Tips to boost the immune system:

1. Get 8 hours or more of sleep every night
2. Drink a milkshake immediately after hard sessions and matches
3. Eat 5 or more portions of different fruits and vegetables. See table below.
4. Eat low fat cottage cheese 2-3 times per week. Cottage cheese contains glutamine which is a great fuel to boost the immune system
5. Drink 3-4 litres of fluids every day. Dehydration will lower immune function

Immune Boosting Fruits	Immune Boosting Foods
Oranges	Cottage Cheese
Mandarins	Eggs
Kiwis	Lean Turkey
Strawberries	Oysters
Blueberries	Sunflower Seeds
Raspberries	Brazil Nuts
Grapefruit	Wholemeal foods and cereals
Papaya	

## ***Treating the Common Cold***

Follow the easy steps below to get rid of cold and flu like symptoms:

1. Get more sleep than normal - at least 8 hours per night or more
2. Have 3-4 sachets of Lemsip per day. Have one every 3-4 hours with water.
3. Eat more immune boosting foods - see table above.

## ***Factors that weaken immune system***

1. Not sleeping enough
2. Not eating five portions of fruits and vegetables per day
3. Not refuelling properly after training/matches
4. Bad personal hygiene - i.e. not washing hands regularly