

Great Info to share with your members:

Foods to keep your immune system **strong and resistant**

Try incorporating these delicious foods into your diet – whether it's [adding them into a smoothie](#), pairing them with a handful of nuts for a complete snack, or tossing them into your salad for a flavorful bite.

#1 Guavas

This fruit can come to a surprise simply because it's not a common fruit eaten on a daily basis. However, guavas are number one on the list of foods highest in vitamin C!

This exotic fruit with a sweet and tangy flavor is loaded with 378 mg of vitamin C per cup. To put this into perspective, this is **628% of your daily value**.

Guavas, in addition to being a great way to boost your immune system, they are a rich source of dietary fiber. [Similar to raspberries](#), guavas contain 9 grams of dietary fiber per cup.

#2 Kiwi

Thankfully with kiwi, this fruit is **in season 8 out of the 12 months of the year**.

Kiwis are often available at grocery stores all year around. This sweet on the inside but rough on the outside fruit is a great way to boost your vitamin C.

In 1 single medium kiwi, there is 70.5 mg of vitamin C, which is 117% of your daily value. Although this fruit can be slightly tedious to eat, the benefits are well worth the peeling.

#3 Bell Peppers

This vegetable is a great way to incorporate a bite of freshness and color into your meals. Enjoying this vegetable raw or cooked, you'll be sure to be doing your immune system a favor.

Additionally, bell peppers are available in a variety of colors that are sure to supply you with different vitamins and nutrients.

Next time you need a quick midday snack, a handful of sliced bell peppers with hummus is a great way to optimize your energy.

#4 Strawberries

This is another great fruit to add to your list.

Strawberries are loaded nutrients that can have you feeling much better and energized.

In one serving, which is about 5-6 strawberries, you get **100% of your recommended vitamin C intake for the day**. Strawberries are also a delicious fruit that are slightly lower in carbohydrates than other fruits. Slice a few in your salad or [spruce up your oatmeal with them](#).