**How to Boost Immunity? Discover the Secret of Strengthening Diet.**

**The gastrointestinal system has a crucial impact on immunity – so is there a particular diet to strengthen the body?**

There is no single correct diet that will particularly enhance immunity. The key is to regularly consume small portions of diverse meals because almost every meal contains valuable vitamins or minerals. It's worth remembering that no supplements can replace a proper diet. The only thing that needs to be supplemented in the form of drops or tablets for generally healthy children is vitamin D. Although oily fish are a rich source of it, it is still insufficient.

So what can strengthen the body?

* Vitamin A - butter, fatty cottage cheese, eggs, offal and fish, carrots, tomatoes, cabbage, cherries;
* Vitamin E - grain germ, sprouts, green leafy vegetables;
* Vitamin C - bell peppers, strawberries, black currants, citrus fruits, and cabbage;
* Iron - the aforementioned products;
* Zinc - rice, eggs, white bread, fish, beans, garlic;
* Selenium - broccoli and white cabbage, nuts, corn, garlic, onions, and legumes;
* Fermented products rich in beneficial bacteria and their metabolites (including dairy yogurts and kefirs, pickles) have a beneficial effect on the gut microbiome. Their action may be insufficient in the case of antibiotic therapy, during which both pathogenic and beneficial bacteria die. Therefore, it is recommended to take ready-made probiotic products (containing, for example, bacteria from species: Bifidobacterium and Lactobacillus, preferably together with prebiotics) which will create the right conditions for the restoration of the natural microbiome faster than diet alone.