

# Stay healthy and boost immunity with these superfoods



## Summer fruits that can boost immunity too

VITAMIN D VITAMIN E



Lemon, papaya, guava, pineapple

& amla



Mangoes & papaya



Orange juice



Avocado & walnut



Dates, Chikoo & pomegranate



Apple, apricots & banana.

#### Tulsi, Ginger, and Mint

Loaded with antioxidants and flavonoids that help in boosting the immune system.



#### Cucumber

They are 95% water which makes them great for summers.



### Melons

Watermelon and Muskmelons contain disease-preventing vitamin A and phytonutrients.



#### Curd & Buttermilk

These are natural coolants to aid digestion and help good gut bacteria cultures thrive.





#### Green Smoothies

Green smoothies are unparalleled to detox liver. add fibre to the daily diet.



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