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EATING YOUR
WAY TO A
Healthier
Immune
System



Place a sticker on the vitamin or mineral you consume throughout the week to mark off what you accomplished.

Directions:

Variety and color in your diet helps to boost your immune system and health. This week, take a journey trying a variety of food items and learning the benefits of those foods. For each vitamin/mineral listed below, write down what you ate, what benefit(s) the vitamin/mineral provides your body, and the recommended daily **RDA**.

What is RDA?

The **Recommended Dietary Allowance** (RDA) is the average daily level of intake to meet the nutritional requirements for healthy individuals¹. This intake will be different for each age, so knowing your recommended intake is helpful for planning your meals. Find your RDA for **minerals** and **vitamins**.

¹ <https://ods.od.nih.gov/HealthInformation/nutrientrecommendations.aspx>



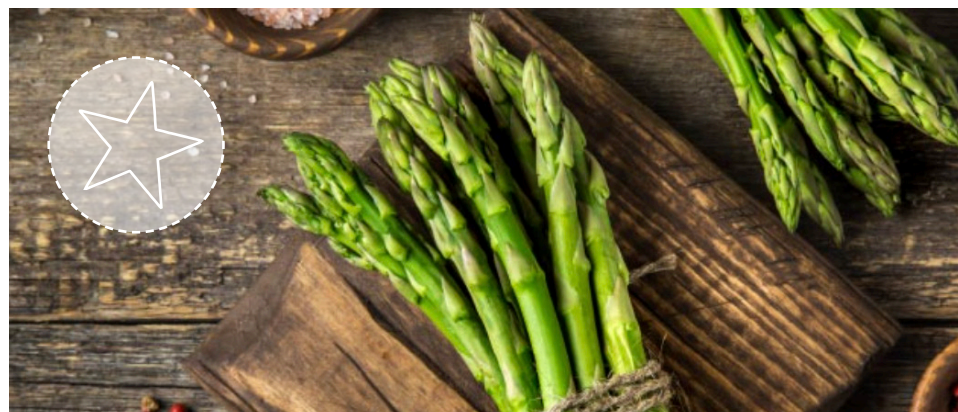
Vitamin D

Found in UV-light exposed mushrooms, trout, salmon, fortified milk and eggs (6%).

The food I ate that contains this vitamin:

What is the daily recommended RDA for this vitamin?

How does this benefit my immune system?



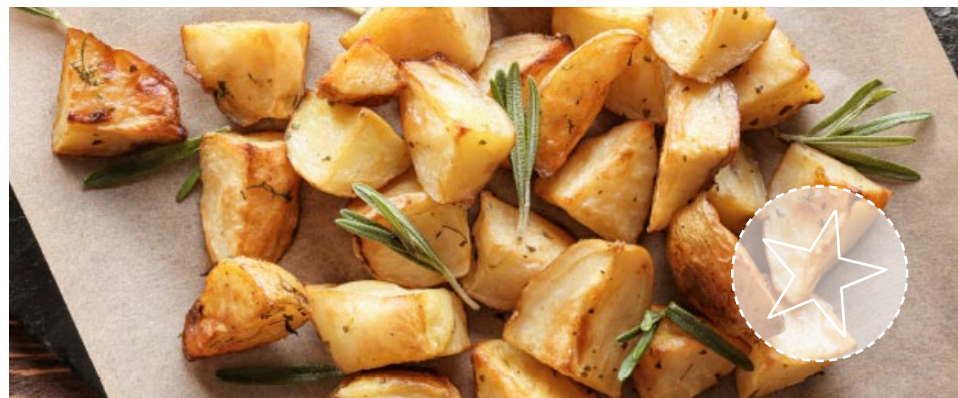
Folate

Found in spinach, asparagus, avocado, broccoli and peas.

The food I ate that contains this vitamin:

What is the daily recommended RDA for this vitamin?

How does this benefit my immune system?



Copper

Found in shiitake mushrooms, potatoes, cashews, turkey and dark chocolate.

The food I ate that contains this mineral:

What is the daily recommended RDA for this mineral?

How does this benefit my immune system?



Vitamin E

Found in oysters, lentils, potatoes, fortified breakfast cereals and dark chocolate.

The food I ate that contains this vitamin:

What is the daily recommended RDA for this vitamin?

How does this benefit my immune system?



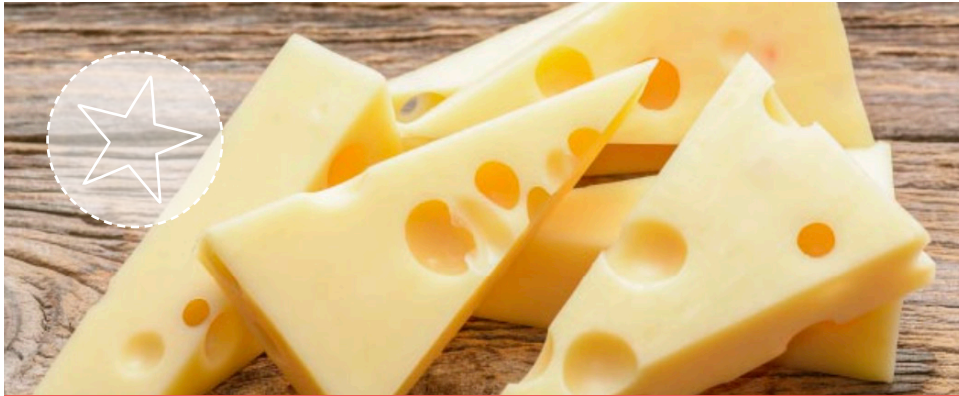
Vitamin C

Found in citrus fruits, tomatoes, sweet peppers, broccoli and strawberries).

The food I ate that contains this vitamin:

What is the daily recommended RDA for this vitamin?

How does this benefit my immune system?



Zinc

Found in mushrooms, lobster, beef, pork, and Swiss cheese.

The food I ate that contains this mineral:

What is the daily recommended RDA for this mineral?

How does this benefit my immune system?



Vitamin A

Found in sweet potatoes, spinach, carrots and cheese.

The food I ate that contains this vitamin:

What is the daily recommended RDA for this vitamin?

How does this benefit my immune system?



Vitamin B6

Found in shiitake mushrooms, chicken, tuna, chickpeas, bananas and squash.

The food I ate that contains this vitamin:

What is the daily recommended RDA for this vitamin?

How does this benefit my immune system?



Vitamin E

Found in almonds, hazelnuts, sunflower seeds and peanut butter.

The food I ate that contains this vitamin:

What is the daily recommended RDA for this vitamin?

How does this benefit my immune system?



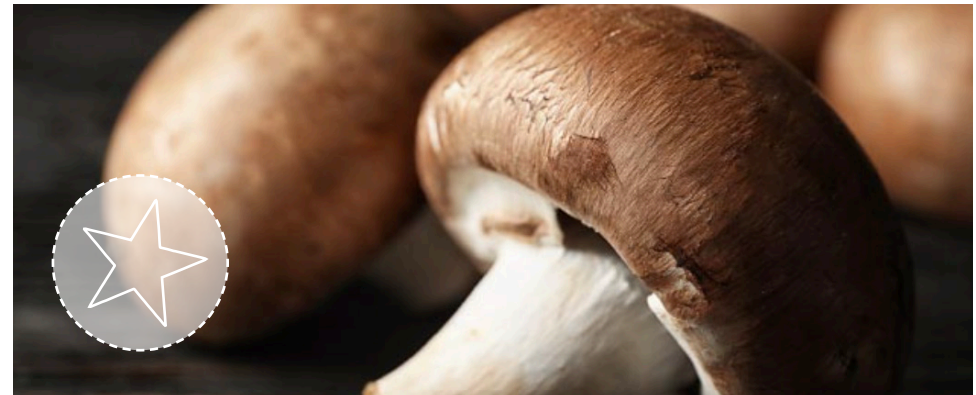
Vitamin B12

Found in salmon, tuna, beef, chicken, eggs and milk.

The food I ate that contains this vitamin:

What is the daily recommended RDA for this vitamin?

How does this benefit my immune system?



Selenium

Found in crimini and portabella mushrooms, Brazil nuts, halibut, ham, beef and turkey.

The food I ate that contains this mineral:

What is the daily recommended RDA for this mineral?

How does this benefit my immune system?