EATING YOUR WAY TO A Healthier Immune System

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What is RDA?
The Recommended Dietary Allowance (RDA) is the average daily level of intake to meet the nutritional requirements for healthy individuals. 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

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.

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

<table>
<thead>
<tr>
<th>The food I ate that contains this vitamin:</th>
<th>What is the daily recommended RDA for this vitamin?</th>
<th>How does this benefit my immune system?</th>
</tr>
</thead>
</table>

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

<table>
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<tr>
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</tr>
</thead>
</table>

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

<table>
<thead>
<tr>
<th>The food I ate that contains this mineral:</th>
<th>What is the daily recommended RDA for this mineral?</th>
<th>How does this benefit my immune system?</th>
</tr>
</thead>
</table>
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 E

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

Vitamin C

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

Zinc

Found in sweet potatoes, spinach, carrots and cheese.

Vitamin A

The food I ate that contains this mineral:

What is the daily recommended RDA for this mineral?

How does this benefit my immune system?
<table>
<thead>
<tr>
<th>Vitamin B6</th>
<th>Vitamin B12</th>
<th>Vitamin E</th>
<th>Selenium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Found in shiitake mushrooms, chicken, tuna, chickpeas, bananas and squash.</td>
<td>Found in salmon, tuna, beef, chicken, eggs and milk.</td>
<td>Found in almonds, hazelnuts, sunflower seeds and peanut butter.</td>
<td>Found in crimini and portabella mushrooms, Brazil nuts, halibut, ham, beef and turkey.</td>
</tr>
</tbody>
</table>

**The food I ate that contains this vitamin:**

**What is the daily recommended RDA for this vitamin?**

**How does this benefit my immune system?**