In the midst of these uncertain times, it may be overwhelming to think about what you can do to protect yourself and your loved ones. It helps to focus on small, doable steps. Over the next few weeks, we'll share simple tips for staying healthy and supporting your immune system.

When it comes to protecting your health, what you eat makes a difference. You can help your body battle colds and viruses by eating foods rich in vitamin C, vitamin B6, and vitamin E — three nutrients essential to immune function.

Get your vitamin C from:

- Bell peppers (fresh or frozen)
- Broccoli (fresh or frozen)
- Grapefruits
- Kale (fresh or frozen)
- Oranges
- Spinach (fresh or frozen)
- Strawberries (fresh or frozen)
- Tangerines

Get your vitamin B6 from:

- Chicken (fresh, frozen, or canned)
- Chickpeas (fresh, canned, or in hummus)
- Green vegetables (fresh or frozen)
- Salmon (fresh, frozen, or canned)
- Tuna (fresh, frozen, or canned)

Get your vitamin E from:

- Nuts and nut butters
- Seed and seed butters
- Spinach (fresh or frozen)

If you have some of these foods on hand, add them to your meals and snacks today.

For eligible University of Richmond employees at risk for type 2 diabetes and heart disease, Omada offers a digital, personalized approach to building healthy habits that last — all under the guidance of a caring health coach. See if you're eligible for the Omada program at **omadahealth.com/universityofrichmond** . If you qualify, you can join at no cost to you.

Source: 3 Vitamins that are Best for Boosting Your Immunity. Cleveland Clinic. January 2, 2020.