



**EPILEPSY  
FOUNDATION**  
Greater Southern Illinois

and



**EPILEPSY  
FOUNDATION**  
Greater Southern Illinois-Southern Region

## Presents the January 2021 Monthly Support Group

**Topic: Healthy Eating During Times of  
COVID-19**

**When: January 25, 2021  
11:00am to 12:00pm**

**Guest Speaker: Eileen Hoag,  
Registered Dietician**

**RSVP to Janet Shearrer at  
(618) 236-2181 ext. 114  
or [janets@epilepsygsil.org](mailto:janets@epilepsygsil.org) before  
January 15, 2021.**

***This support group will be by Tele-  
Conference Call due to COVID-19.***

***When you register for this support  
group, you will receive a call-in  
number and passcode.***

**Sponsored by the St. Clair County  
Mental Health Board, Madison County  
Mental Health Board, and the Illinois  
Department of Human Services**

### COVID-19: IMMUNE SYSTEM BOOSTERS



Zinc

Lean meats, seafood, milk, whole grains, beans, seeds, and nuts • **Important for wound healing**



Vitamin C

Broccoli, cantaloupe, kale, oranges, strawberries, tomatoes, guava, and lychee • **Protect cells from oxidative stress, a product of infection or chronic inflammation**



Iron

Lentils, spinach, tofu, and white beans • **Aids in non-specific immunity, the body's first line of defense**



Vitamin E

Nuts, seeds, wheat germ, green leafy vegetables, avocado, and shrimp • **Helps protect cells from oxidative stress**



Vitamin A

Sweet potatoes, carrots, red bell pepper, spinach, black-eye peas, and mango • **Helps regulate our immune response**



Vitamin B6

Green vegetables, chickpeas, cold-water fish such as tuna or salmon • **Supports more efficient reactions between different parts of our immune system**

