

Can foods boost your immune system?

It's easy to fall prey to marketing gimmicks deployed by food brands. After all, it's comforting to think that there is a single superfood or supplement out there that can supercharge our immunity and solve all of our health problems. But in reality, it's way more complicated than that.

It's definitely true that certain [vitamins can provide a boost to our immune system](#). But at the same time, our bodies are complex machines with sophisticated needs.

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Citrus fruits, such as oranges, lemons and limes, are a perfect example of foods that can boost the immune system. They're widely known to be one of the best sources of [vitamin C](#), a nutrient routinely used to treat viral and bacterial infections. But that's not the only compound that makes them so effective. Citrus fruits are also rich in flavonoids, particularly hesperidin. Hesperidin is a powerful antioxidant that fights inflammation and respiratory viruses.

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Cruciferous vegetables, such as broccoli, cabbage, cauliflower and brussel sprouts, can also contribute to a stronger immune system. They contain high levels of vitamin C and E, as well as compounds called glucosinolates. As described in the [Molecules](#) journal, glucosinolates have been shown to be protective against many different types of cancer, including breast, brain, blood, bone, colon, gastric, liver, lung, oral, pancreatic and prostate.

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