

Personal Protective Nutrition (PPN)

Food and nutrients that support immune function to prevent and reverse disease and optimize performance

Build a power plate

- **Fill your plate** with 50% veggies, 25% whole grains, and 25% lean protein.
- Use fresh herbs and spices (turmeric, cinnamon, cumin, and ginger).
- Consume foods high in nutrients (leafy greens, nuts, seeds, whole grains, legumes, veggies, fruits, low-fat dairy, seafood, lean meats, and eggs).

Go anti-inflammatory

- Eat healthy fats (olive or avocado oil, **omega-3s**, nuts, and seeds).
- Include foods rich in **antioxidants and phytonutrients**.
- Avoid foods and drinks with **added sugar**. Minimize fried or processed foods and foods with trans and saturated fat.
- Aim for more “blood sugar-stabilizing” foods that contain protein, fiber, and/or **healthy fats** to reduce insulin spikes.

Eat high-quality fiber and protein

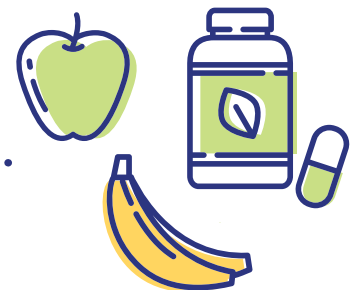
- Consume a variety of veggies, legumes (**beans** and peas), whole grains, and fruits for fullness.
- Choose **high-quality protein** (lean poultry, fish, eggs, legumes, nuts, seeds, and low-fat dairy).
- Eat your fiber (25–40 g daily or at least 14 g/1,000 kcal daily) from natural sources such as grains, legumes, veggies, and fruits.
- Limit consumption of processed and red meats.

Protect your gut

- Eat **whole and sprouted grains** (brown rice, couscous, and quinoa) for better digestion.
- Try **prebiotic and probiotic foods** such as fruits, veggies, and fermented foods (yogurt, kimchi, sauerkraut, and kefir).

Eat the rainbow and hydrate

- **Foods rich in color** have high amounts of antioxidants, so eat your berries, greens, and other colorful foods.
- **Drink plenty of water**. Divide your body weight (in pounds) by two, and aim to drink that many ounces of water a day.



Get the scoop on supplements

- Eat real food first, and always ask your healthcare provider before taking immune-support nutrients and other supplements. Upper Limits (UL) for supplements are provided.
 - **Vitamin D₃**: 600–4,000 IU daily
 - Vitamin C: 75–2,000 mg daily (UL 2,000 mg)
 - Zinc: 8–30 mg daily (UL 40 mg)
 - Magnesium: 200–350 mg daily (UL 350 mg)
 - Omega-3 fatty acids: 1.1–1.6 grams as total omega-3s daily (No UL, but FDA suggests up to 2.0 grams)
- Be sure any supplement has a **USP or NSF seal of approval**.

Personal Protective Lifestyle (PPL)

Daily activities that support immune function to prevent and reverse disease and optimize performance

Grab control of your thinking

- Practice mindfulness with STOP: Stop, Take a breath, **Observe your thoughts and feelings**, and Proceed with hope.
- Focus your energy on **what you can control and learn to accept what you can't**.
- Search for **opportunities to learn, grow**, or experience something new.
- Self-reflect. What's going well? What have you learned? What can you do better?
- Optimize your resources: Be brave **enough to offer, ask for, and accept help**.
- Use the energy you get from **stress to achieve meaningful goals**.

Find, enjoy, and spread the good

- Reflect on your **blessings and express gratitude**: Journal, **meditate**, or **pray**.
- Prioritize and **plan activities that bring joy or meaning**.
- **Share the good you find** with others. Celebrate the big and small stuff. What are you taking for granted?
- Volunteer, serve, and perform **simple acts of kindness**. Who can you help today?
- Seek to understand the perspective of others. What might you be missing?
- **Build relationships** and communicate openly to create a climate of trust, cooperation, feedback, and mentorship.

Spend time in nature

- Take regular breaks from technology.
- Head outdoors for 15–20 minutes daily to enjoy the fresh air and **sunshine**.
- **Be mindfully present** in nature. Try hiking or **nature bathing**.
- Exercise, eat, or work outdoors when possible.

Get your Zzzs

- Reset your brain with 7–9 hours of **restorative sleep** nightly.
- Be consistent with **sleep and wake times**, even on weekends.
- Use sleep trackers to assess the quantity & quality of your Zzzs.
- See your healthcare provider if poor sleep persists.

Move more

- Perform at least 30 minutes of **moderate-intensity physical activity** 5–7 days a week.
- Moderate-intensity exercise boosts immune function and antioxidant activity while providing brain health and hormone-balancing benefits.
- Include **strength training** at least twice weekly.
- Track daily **resting heart rate** (RHR) and **heart rate variability** (HRV) as a biomarker to decide what to do today. Increased RHR or lower HRV on rest days can be signs of overtraining.

Connect with others

- **Get engaged with your community**. Find a local or cause-related activity that interests you.
- Build connections with people across different areas of your life.
- Prioritize building **supportive and healthy relationships**.
- Pursue mentorship and **accountability partners** who encourage you to grow.
- **Share meals, walks, and workouts** with others as opportunities to check in.
- **Maintain your connection to a higher purpose** and find others to share it with.

