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.

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.

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.

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.

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.