As people around the world cope with the Coronavirus pandemic, part of our daily routines, there are several key nutrients we can fit well. 

**Vitamin C**

- **Immunity Functions:** Vitamin C supports a healthy immune system by increasing the body's immune response and by acting as a powerful antioxidant against free radicals. It also promotes wound healing.
- **Recommended Daily Amount (RDA):**
  - Men 18+ years: 90 milligrams
  - Women 19+ years: 75 milligrams
  - Adults 18+ years: 0.8 grams/kg body weight
- **Supplemental Facts:**
  - Vitamin C intake cannot prevent a common cold; however, some evidence suggests that taking it early in the course of a cold can shorten its duration by more than 1 day. Taking Vitamin C after symptoms begin does not appear to help.
  - Always ensure you obtain Vitamin C through food sources first, before resorting to a supplement.

**Vitamin D**

- **Immunity Functions:** Vitamin D supports immune function by activating the "killer" cells that destroy bacteria and viruses. It is required for the activation of white blood cells that protect the body from infection. Vitamin D helps protect against infections by keeping the immune system in a state of readiness.
- **Recommended Daily Amount (RDA):**
  - Men 18+ years: 900 micrograms
  - Women 19+ years of age: 75 milligrams
  - Children 1-12 years of age: 15 micrograms
  - Infants (0-12 months): 4 micrograms
- **Supplemental Facts:**
  - Vitamin D intake can help prevent and treat respiratory and full-body infections. It is recommended to get Vitamin D from food sources like milk and强化 ( fortified) cereals, wheat germ, and sunflower seeds. It is also found in fatty fish like salmon and tuna.

**Vitamin A**

- **Immunity Functions:** Vitamin A is a fat-soluble vitamin that helps protect against infections by keeping the immune system in a state of readiness. It also helps prevent or fight infections.
- **Recommended Daily Allowance (RDA):**
  - Men 18+ years: 900 micrograms
  - Women 19+ years of age: 700 micrograms
- **Supplemental Facts:**
  - Beta-carotene is an antioxidant which protects cells from free radical damage. It is found in yellow and orange vegetables, some fruits, and green leafy vegetables.

**Probiotics**

- **Dietary Sources of Probiotics:** Cultured dairy products such as yogurt and fermented foods such as kimchi, kombucha (a fermented tea), sauerkraut (fermented cabbage), miso (a fermented soybean-based paste), and raw unfiltered apple cider vinegar.
- **Recommended Daily Amount:** More research is needed on the recommended dosage, however, 1 - 10 billion colony-forming units (CFU)—the amount contained in a capsule—per day is recommended.
- **Supplemental Facts:**
  - Probiotics are live bacteria and/or yeast that are thought to have a health benefit for the host.

**Zinc**

- **Immunity Functions:** Zinc is a mineral that helps the immune system fight off invading bacteria and viruses. It is required for the normal function of genes and enzymes involved in the immune response. A zinc deficiency can lead to a weakened immune system.
- **Recommended Daily Amount:**
  - Children 1-12 years of age: 11 milligrams
  - Infants (0-12 months): 3 milligrams
  - Women 19+ years of age: 8 milligrams
  - Men 18+ years of age: 11 milligrams
- **Supplemental Facts:**
  - Long-term zinc consumption over 40 mg/day for adults can result in copper deficiency. It is recommended to get zinc from food sources like oysters, beef, crab, lobster, beans, chicken, pumpkin seeds, cashews, blueberries, and turkey.

**Beta-Carotene**

- **Immunity Functions:** Beta-carotene is an antioxidant which protects cells from free radical damage. It is required for the normal function of genes and enzymes involved in the immune response.
- **Recommended Daily Allowance (RDA):**
  - Men 18+ years: 900 micrograms
  - Women 19+ years of age: 700 micrograms
- **Supplemental Facts:**
  - It is recommended to get beta-carotene from food sources like carrots, sweet potatoes, pumpkin, and winter squash. It can be converted into Vitamin A in the body to help prevent or fight infections.

**Pantothenic acid**

- **Recommended Daily Allowance (RDA):**
  - Men 18+ years: 5 milligrams
  - Women 19+ years of age: 4 milligrams
- **Supplemental Facts:**
  - Pantothenic acid is an essential nutrient for the body to function properly. It is required for the production of acetyl-CoA, which is the precursor for the synthesis of cellular energy.

**Vitamin B1 (Thiamin)**

- **Recommended Daily Allowance (RDA):**
  - Men 18+ years: 1.2 milligrams
  - Women 18+ years: 1 milligram
- **Supplemental Facts:**
  - Thiamin is an essential nutrient for the body to function properly. It is required for the production of acetyl-CoA, which is the precursor for the synthesis of cellular energy.

**Iron**

- **Recommended Daily Allowance (RDA):**
  - Men 18+ years: 8 milligrams
  - Women 18+ years: 18 milligrams
- **Supplemental Facts:**
  - Iron is an essential nutrient for the body to function properly. It is required for the production of hemoglobin, which carries oxygen in the blood.

**Choline**

- **Recommended Daily Allowance (RDA):**
  - Adults 18+ years: 425 milligrams
- **Supplemental Facts:**
  - Choline is an essential nutrient for the body to function properly. It is required for the production of acetyl-CoA, which is the precursor for the synthesis of cellular energy.

**Folate**

- **Recommended Daily Allowance (RDA):**
  - Men 18+ years: 400 micrograms
  - Women 18+ years: 400 micrograms
- **Supplemental Facts:**
  - Folate is an essential nutrient for the body to function properly. It is required for the production of acetyl-CoA, which is the precursor for the synthesis of cellular energy.

**Selenium**

- **Recommended Daily Allowance (RDA):**
  - Men 18+ years: 55 micrograms
  - Women 18+ years: 50 micrograms
- **Supplemental Facts:**
  - Selenium is an essential nutrient for the body to function properly. It is required for the production of acetyl-CoA, which is the precursor for the synthesis of cellular energy.

**Fatty acids**

- **Recommended Daily Allowance (RDA):**
  - Monounsaturated fats: 16-22% of total calories
  - Polyunsaturated fats: 5-10% of total calories
  - Saturated fats: <10% of total calories
- **Supplemental Facts:**
  - Fatty acids are essential nutrients for the body to function properly. They are required for the production of acetyl-CoA, which is the precursor for the synthesis of cellular energy.

**Proteins**

- **Recommended Daily Allowance (RDA):**
  - Adults 18+ years: 0.8 grams/kg body weight
  - For children: 1.1-1.2 grams/kg body weight
- **Supplemental Facts:**
  - Proteins are essential nutrients for the body to function properly. They are required for the production of acetyl-CoA, which is the precursor for the synthesis of cellular energy.

**Summary**

By incorporating these key nutrients into our daily diets, we can support a strong and healthy immune system. It is important to remember that while some nutrients can support immune function, they should not be relied upon as a sole source of protection. It is important to maintain a balanced and diverse diet, including fresh fruits and vegetables, lean meats, whole grains, and other nutrient-dense foods. By doing so, we can help support our immune systems and reduce the risk of illness and infection.