



As we get older, our immune system naturally weakens, making it harder to fight off illness. The good news? You can help protect and strengthen it by staying up to date on vaccines, eating a nutrient-rich diet, and maintaining healthy daily habits.

Did you know?

Older adults are more likely to be hospitalized with the flu and other vaccine-preventable illnesses. Hospitalization is linked to increased muscle loss among older adults. Stay strong and healthy by getting the vaccines recommended for you!

Healthy Habits for Stronger Immunity

Daily routines can have a big impact on how well your immune system functions. These simple lifestyle habits support your body's natural defenses:

- Get 7-8 hours of sleep
- Stay physically active (walk, stretch, garden, and strength train)
- Reduce stress (deep breathing, hobbies)
- Don't smoke, and limit alcohol
- Wash hands frequently and talk to your doctor about recommended vaccines

Vaccines: A Powerful Tool to Protect Your Immune Health

Vaccines train your immune system to recognize and fight off infections **before you get sick**. They are a safe and effective way to reduce the risk of serious illness, especially as we age and our immune defenses naturally decline. Vaccines work by introducing a harmless part of a virus or bacteria, allowing your body to build protection without causing the disease itself.



Recommended Vaccines for Adults Ages 60+

Staying up to date on vaccinations can help protect you, **and** those around you, from preventable diseases.

- **Influenza (Flu) Vaccine** – Annually
- **COVID-19 Vaccine** – As recommended
- **RSV Vaccine** – Protects against respiratory illness
- **Pneumococcal Vaccine** – Prevents pneumonia and related infections
- **Shingles (Zoster) Vaccine** – 2 doses to prevent shingles and nerve pain
- **Tdap/Td (Tetanus, Diphtheria, Pertussis)** – Every 10 years

Talk to your healthcare provider to stay up to date on vaccinations and determine which ones are right for you based on your age, health history and lifestyle.

Build a Strong Immune System with a Colorful, Nutrient-Rich Diet

1. **Citrus Fruits** – Oranges, grapefruit, lemons; rich in vitamin C to support white blood cell production.
2. **Leafy Greens** – Spinach, kale, and collards are full of antioxidants and fiber.
3. **Garlic** – Helps fight infections and may lower blood pressure.
4. **Yogurt (with probiotics)** – Supports gut health, which is closely linked to immunity.
5. **Berries** – Packed with antioxidants like vitamin C and flavonoids.
6. **Nuts & Seeds** – Almonds, sunflower seeds, and walnuts offer vitamin E and zinc.
7. **Fatty Fish** – Salmon, sardines, herring and mackerel provide omega-3s to reduce inflammation.
8. **Green Tea** – Contains immune-boosting polyphenols and antioxidants.

Tip: Stay hydrated and aim for a colorful plate like the dish below.

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One-Skillet Salmon and Veggies

This simple one-skillet meal is packed with nutrients that help keep your immune system strong.

Makes 4 servings

Ingredients

- 2 tablespoons olive oil
- 1 ¼ pounds skinless salmon filets, cut into 1-inch pieces
- 8 cloves garlic, thinly sliced
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper (optional)
- 5 cups broccoli florets
- 2 red bell peppers, chopped into bite-sized chunks
- 1 tablespoon water
- 1 teaspoon grated orange zest
- 1 ½ tablespoon orange juice
- 1 tablespoon reduced sodium soy sauce
- 1 tablespoon green onions, thinly sliced



Directions

1. Heat 2 tablespoons of oil in a large nonstick skillet with a lid over medium-high heat. Add salmon pieces and half of the sliced garlic. Sprinkle with ½ teaspoon of salt and the crushed red pepper flakes.
2. Cook uncovered, stirring and turning occasionally about 4 to 5 minutes, until salmon is cooked on all sides. Use a spatula to remove salmon from the skillet and transfer to a plate.
3. Without wiping the skillet clean, add broccoli, chopped bell pepper, water, and remaining garlic and ¼ teaspoon salt. Cover and cook, stirring occasionally for 4 to 5 minutes or until the vegetables are tender-crisp.
4. Stir orange juice and soy sauce into the skillet with the vegetables. Gently add the cooked salmon back into the skillet.
5. Sprinkle with orange zest and green onions before serving.



Nutrition highlights

Salmon provides high-quality protein and omega-3 fatty acids, which reduce inflammation and support heart and brain health. It's also a natural food source of vitamin D, which supports immune and brain function and bone health.

Broccoli and red peppers are rich in vitamins A and C, both essential for a strong immune system and healthy skin.

Tips

- Save money and time by using canned salmon instead of fresh. Simply skip steps 1 and 2 and add the canned salmon in at the end in step 4.
- You can use fresh or frozen broccoli in this recipe. Frozen broccoli will have more liquid and will become softer faster compared to fresh, so leave out the tablespoon of water and test the doneness of the broccoli after 3 to 4 minutes of cooking if using frozen.
- This recipe is adaptable. Feel free to use different types of protein such as chicken, pork, shrimp, or tofu. Add any vegetables you enjoy such as spinach, edamame, shredded carrots, onions, or peas.
- Add a boost of fiber and B vitamins by serving over a whole grain like brown rice or quinoa.

Nutrition Facts	
servings per container	
Serving size	(336g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 550mg	24%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 16mcg	80%
Calcium 75mg	6%
Iron 2mg	10%
Potassium 1026mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.