

Immune-Supporting Daily Routine Checklist

Daily habits and key supplements for pediatric immune health

Morning

- Sunlight exposure (10–20 min) for vitamin D synthesis – UVB exposure on skin is the most bioavailable D source
- Probiotic-rich food or supplement with breakfast – 70% of the immune system resides in the gut
- Protein at breakfast (supports antibody production)

Nutrition

- 5+ servings of colorful fruits and vegetables – Each color = different phytonutrients for immune function
- Include zinc-rich foods (meat, pumpkin seeds, legumes)
- Adequate hydration (water, not juice) – Mucous membranes are a first-line immune barrier; they need water

Activity

- 60+ minutes of active play – Moderate exercise boosts natural killer cell activity
- Time outdoors in nature (dirt exposure is beneficial) – Soil microbes train the immune system via the hygiene hypothesis

Evening

- Age-appropriate bedtime (10–14 hrs total sleep for toddlers) – Sleep deprivation reduces T-cell function within 24 hours
- Cool, dark sleeping environment (65–70°F)
- Minimize sugar after lunch – 75g of sugar suppresses white blood cell activity for up to 5 hours
- Wash hands after outdoor play and before meals

Key Immune Supplements (Pediatric Doses)

VITAMIN D3

400–1,000 IU/day (ages 1–3); 600–2,000 IU/day (ages 4+). Take with fat. Test levels

ZINC

5 mg/day (ages 1–3); 8 mg/day (ages 4–8). Don't exceed upper limit. Take with food.

annually.

PROBIOTICS

5-10 billion CFU/day multi-strain. L. rhamnosus GG and B. lactis best studied in children.

VITAMIN C

250-500 mg/day (ages 1-3); 500-1,000 mg/day (ages 4+). Split doses absorb better.

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