



# Eat Right In the Time of Corona

- Right now, healthful and mindful eating seems a bit far fetched given the rampaging global pandemic of COVID-19.
- According to the World Health Organization (WHO), Coronavirus disease is an infectious disease caused by a newly discovered coronavirus with mild to moderate respiratory illness. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness due to Covid-19.
- Though, to our dismay there are no specific vaccines or treatments for COVID-19 currently.
- While most of us are in self-isolation and/or quarantine, it's essential to talk about the tips and ways that are Science-based to support you and your loved ones good health, nutrition and well-being.
- Therefore, no better time than present to support your health with good nutrition.

*Healthful and mindful eating paves the way to optimum health*



- While there's no single food or supplement that can prevent illness, you can support your immune system by eating a balanced and an adequate diet on a regular basis.
- **Protein** plays a role in the body's immune system, especially for healing and recovery. Make sure to eat a variety of protein foods including seafood, lean meat, poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.
- **Vitamin A** helps regulate the immune system and protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy. Get vitamin A from foods such as sweet potatoes, carrots, broccoli, spinach, red bell peppers, eggs or foods labeled "vitamin A fortified," such as milk or some cereals.
- **Vitamin C** supports the immune system by stimulating the formation of antibodies. By choosing citrus fruits such as oranges, grapefruit and tangerines, or red bell pepper, papaya, tomato juice or foods fortified with vitamin C, such as some cereals, you can incorporate vitamin C to your diet.

*Good nutrition is essential to a strong immune system.  
So remember to eat a balanced diet representing all the food groups*





- **Vitamin E** works as an antioxidant and may support immune function. Include vitamin E in your diet with fortified cereals, sunflower seeds, nuts, vegetable oils.
- **Zinc** helps the immune system work properly and may help wounds heal. Zinc can be found in lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.
- **Other nutrients**, including vitamin B6, B12, copper, folate, selenium and iron also may support immune response. Therefore, eating a variety of food on daily basis will help you get most of these immune boosting nutrients.
- Obtaining these nutrients from food is generally preferred.
- Also, be mindful about your added sugar, salt and fat intake while you prepare your food.
- Remember to drink enough fluid and stay hydrated. Best to avoid alcohol and other sugary drinks with very little nutritional value.
- Currently, there is no evidence to suggest that COVID-19 can be transmitted through food or food packaging, but be watchful about food safety if you're ordering food and buying take out.
- While your family is spending more time at home, take advantage of family meals and dining together at home.

*For optimal health, it is also important to remain physically active*



- **Proper food safety practices** should always be implemented while preparing food. This includes frequently **washing hands** with soap and water and **washing surfaces** and utensils.
- Regular handwashing, along with routine cleaning and disinfecting, especially all frequently touched surfaces, remain the most effective ways to reduce the spread of COVID-19.
  - Keep your hands, kitchen and utensils clean
  - Separate raw and cooked food, especially raw meat and fresh produce
  - Cook your food thoroughly
  - Keep your food at safe temperatures, either below 5 °C or above 60 °C and
  - Use safe water and raw material
- By following these five key recommendations for safer food, you can prevent many other common foodborne diseases as well.
- To help you reduce the amount of time spend at the store, do shopping online or order home deliveries (But keep in mind to apply all the necessary precautions while you run errands for shopping or get your supplies through home deliveries).





- Remove the stress from grocery shopping and preparing more meals at home with a little bit of planning.
- Before buying see what food you have at home.
- Always utilize fresh produce and perishables first.
- Practice “first in first out” to use the oldest food in your pantry or refrigerator.
- Plan ahead to make menus with what you have around you.
- Choose recipes for the week that have overlapping ingredients.
- Reduce food waste by buying only what you need, storing your produce correctly, finding multiple uses for perishables such as fruits and vegetables, and composting scraps for later use (gardening).

**In the meantime, always practice social distancing, stay home if you're sick and wear a face mask if you're sick, clean your hands often, appropriately cover coughs and sneezes to prevent spread of the disease in the community. Be a socially responsible citizen.**

*Use what you have on hand to prepare meals to use fresh ingredients efficiently and help reduce food waste*



stay safe, stay home, know the correct facts and  
**save lives...**

Brought to you by



Sources used: World Health Organization  
Nutrition Society of Sri Lanka  
British Dietetic Association  
Academy of Nutrition and Dietetics