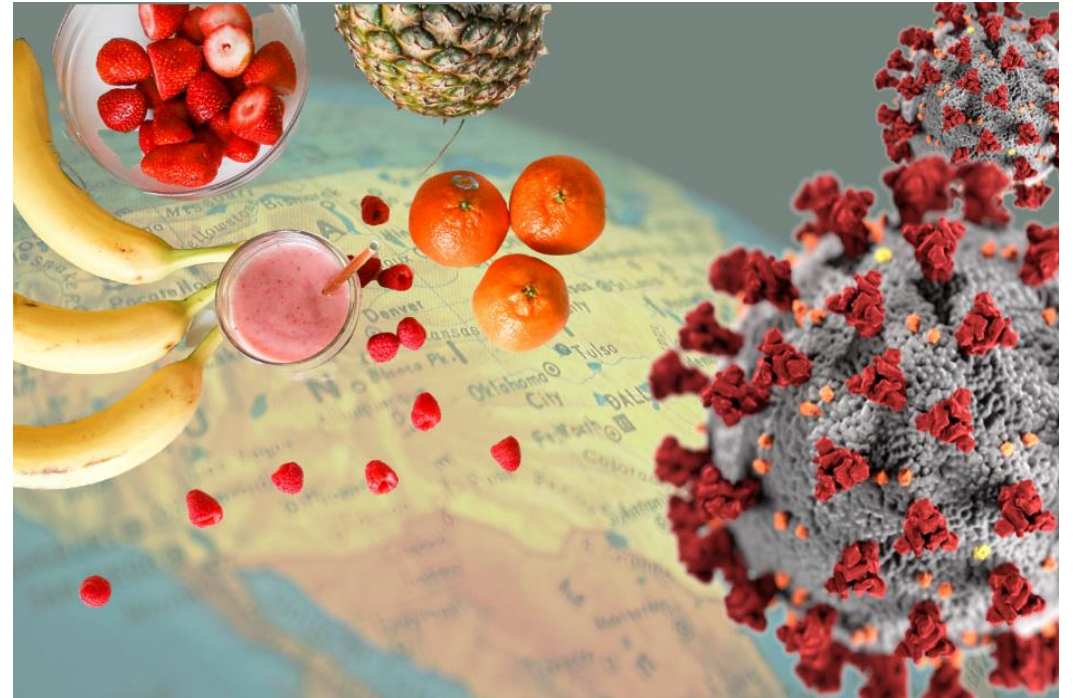




# Nutrition During COVID-19



# Eating well during COVID-19

Tips from Registered Dietitians



Buy foods with a long shelf life  
(fresh, frozen, canned)



Keep a food inventory  
Plan meals using what you have on hand



Wash hands before and after cooking / eating  
Put leftovers in fridge or freeze for later



Don't share eating utensils  
Eat refrigerated leftovers within 3 days

@Nutrition4NonNutritionists





# COVID-19: IMMUNE SYSTEM BOOSTERS



Zinc

Lean meats, seafood, milk, whole grains, beans, seeds, and nuts • **Important for wound healing**



Vitamin C

Broccoli, cantaloupe, kale, oranges, strawberries, tomatoes, guava, and lychee • **Protect cells from oxidative stress, a product of infection or chronic inflammation**



Iron

Lentils, spinach, tofu, and white beans • **Aids in non-specific immunity, the body's first line of defense**



Vitamin E

Nuts, seeds, wheat germ, green leafy vegetables, avocado, and shrimp • **Helps protect cells from oxidative stress**

# BOOST YOUR IMMUNE SYSTEM

Good nutrition and a healthy diet are essential to maintain optimal health, boost your immune system and prevent communicable and non-communicable diseases.



Eat a variety of foods



Eat plenty of vegetables, legumes & fruit



Eat less salt and sugars



Eat moderate amounts of fats and oils



Avoid ultra-processed products





## For a healthy diet:



eat more fruit  
& vegetables



choose whole grains  
over refined grains



eat smaller  
portions



replace saturated fats  
with unsaturated fats



limit foods that are  
high in fat, sugar or salt



limit alcohol

