

**A NUTRITION GUIDE
TO PREVENT COVID -19**



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*“Let Food Be Thy Medicine And
Medicine Thy Food.”*

Hippocrates

This statement of Hippocrates gives us a clear picture on importance of having natural and healthy foods which will help us prevent several ailments. No super foods will prevent you catching diseases. But there are some nutrients that are involved with normal functioning of immune system. So, we must follow a healthy balanced diet in order to support our immune function. As we are facing the widespread of COVID-19, our diet plays a crucial role in maintaining physical and mental health.



➤ **Here are some immune boosting nutrients and foods:-**

- **Antioxidants** – It removes free radicals (waste products produced by our body cells) Eg:- Vitamins A, C, D, E, beta carotene, selenium, lycopene etc. Foods rich in these nutrients will help you to enhance your immunity.
- **Seasonal fruits, whole grain cereals, citrus fruits like lemon, orange, musambi, guava, tomatoes, grapes etc. should be included in diet which provide you with Vitamin C which is a good antioxidant.**
- **Curd, paneer, butter milk, lassi, milk, fish, pulses, egg and meat supplies protein, vitamins A and B to your diet.**
- **Include green leafy vegetables, sprouted salads, garlic, ginger, turmeric, nuts etc. in your diet which may increase the infection fighting ability to your body due to their antioxidant activity.**



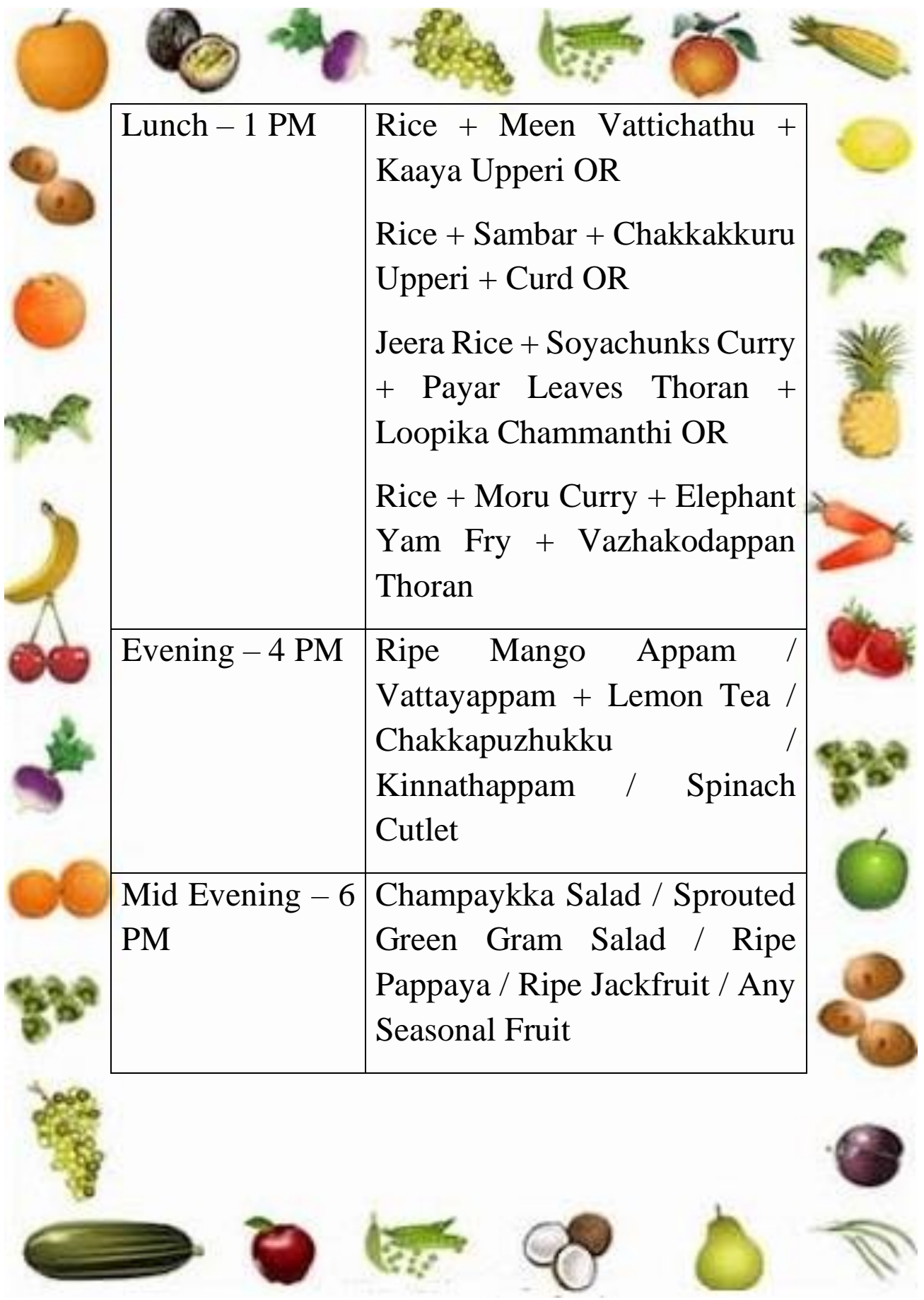
- **Include herbal drinks, seasonal fruits like papaya, mango, jackfruit, guava and garden-fresh vegetables in the daily diet**

➤ **Some healthy lifestyle modifications to be followed with good nutrition are as follows: -**

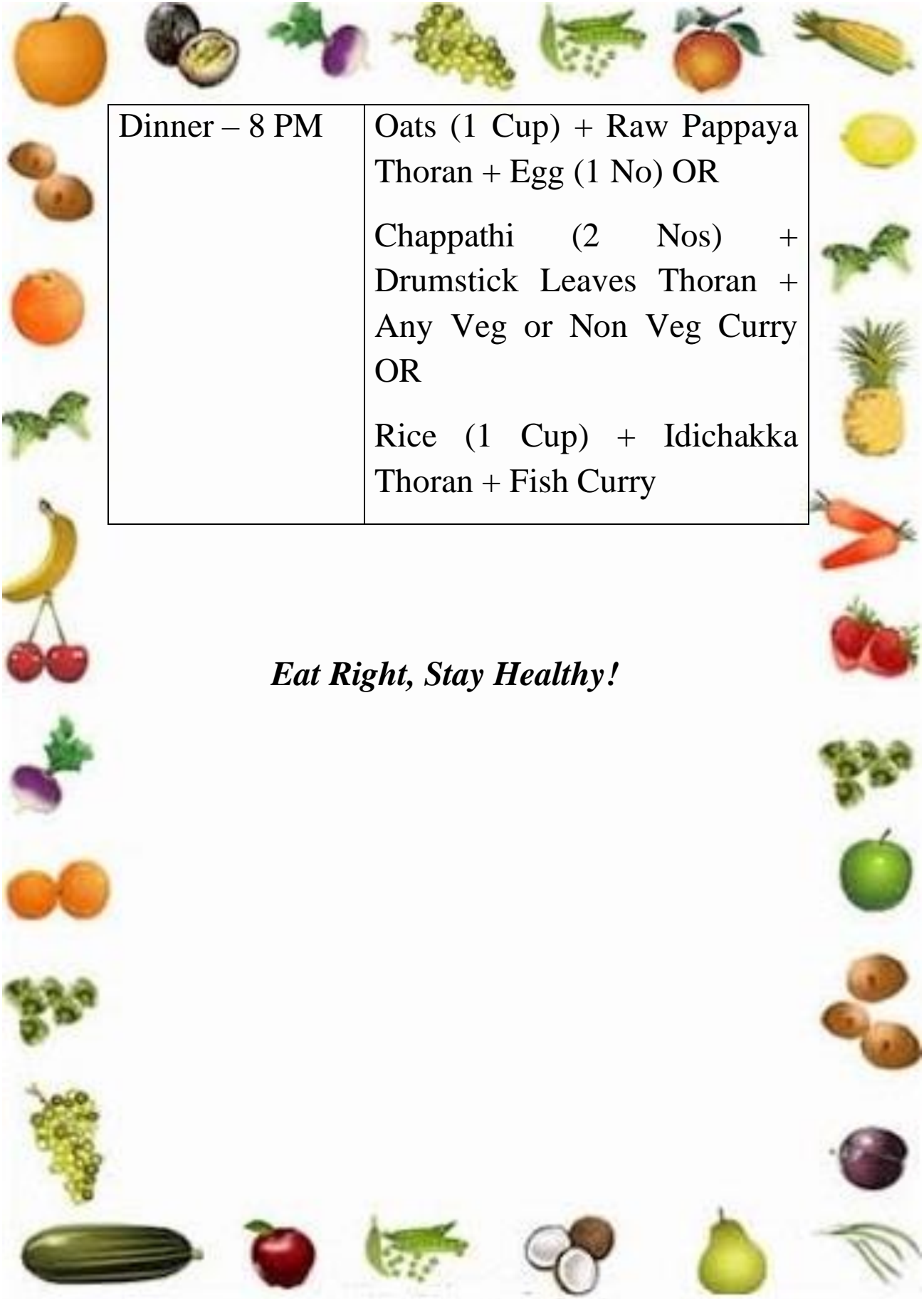
- **Don't smoke**
- **Exercise regularly**
- **Maintain a healthy weight**
- **If you drink alcohol, drink only in moderation**
- **Get adequate sleep**
- **Avoid infection by washing your hands frequently**
- **Try to minimize stress**
- **Avoid touching your eyes, nose and mouth .**
- **Use hand sanitizers, which completely kill germs.**
- **Gargling several times a day with warm salt water can reduce swelling in the throat and helping to flush out irritants or bacteria**

SAMPLE MENU PLAN

Time	Menu
Early Morning – 6 AM	Milk / Tea / Coffee/ Herbal Drink / Lemon Tea / Green Tea -1 Glass
Breakfast – 8 AM	<p>Veg Oats Upma (One Cup) + Green Gram Curry + Banana (1 No) OR</p> <p>Pathiri (3 nos) + Brinjal Masala + Egg (1) OR</p> <p>Whole Wheat Puttu + Kadala Curry + Lime Juice OR</p> <p>Dosa (2 nos) + Sambar + Tomato Chutney / Chammandhi Podi</p>
11 AM	Gingelly Balls (1 No) / Mango Juice / Buttermilk / Tender Coconut / Any Nuts (10 Nos)



Lunch – 1 PM	Rice + Meen Vattichathu + Kaaya Upperi OR Rice + Sambar + Chakkakkuru Upperi + Curd OR Jeera Rice + Soyachunks Curry + Payar Leaves Thoran + Loopika Chammanthi OR Rice + Moru Curry + Elephant Yam Fry + Vazhakodappan Thoran
Evening – 4 PM	Ripe Mango Appam / Vattayappam + Lemon Tea / Chakkapuzhukku / Kinnathappam / Spinach Cutlet
Mid Evening – 6 PM	Champaykka Salad / Sprouted Green Gram Salad / Ripe Pappaya / Ripe Jackfruit / Any Seasonal Fruit



Dinner – 8 PM

Oats (1 Cup) + Raw Pappaya
Thoran + Egg (1 No) OR

Chappathi (2 Nos) +
Drumstick Leaves Thoran +
Any Veg or Non Veg Curry
OR

Rice (1 Cup) + Idichakka
Thoran + Fish Curry

Eat Right, Stay Healthy!