

## COVID-19 Nutrition Tips

- Decrease the trips to the supermarket – “ make a plan and a list of your ingredients”
- Think of nutritious meals – small meat portion, fruits, vegetable, whole grains
- Purchase food that will stay fresh for a while
- Preparation for a trip to the supermarket – brings your own bag, keep an open mind, wear your mask, use credit card if possible, use disinfectant wipes
- Cook dinner at home together – eat together, try and share recipes
  
- Wash your hands before washing fruits & vegetables
- Eat a healthy and balanced diet rich in whole grain, legumes, vegetables, fruits, nuts and animal source foods
- Keep the kitchen counter clean by using disinfectant wipes or spray
- Drink plenty of fluids/non-caffeinated beverages for hydration
- Older adult and people at risk – evaluate the food you eat/call family and friends for food delivery

American Society for Nutrition. (2021). Retrieved from <https://nutrition.org/>

### Book Suggestions:

Butler, M. J., & Barrientos, R. M. (2020). The impact of nutrition on COVID-19 susceptibility and long-term consequences. *Brain, behavior, and immunity*, 87, 53–54. <https://doi.org/10.1016/j.bbi.2020.04.040>

Fernández-Quintela, A., Milton-Laskibar, I., Trepiana, J., Gómez-Zorita, S., Kajarabille, N., Léniz, A., González, M., & Portillo, M. P. (2020). Key Aspects in Nutritional Management of COVID-19 Patients. *Journal of clinical medicine*, 9(8), 2589. <https://doi.org/10.3390/jcm9082589>