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06 May 2020

IMPROVE YOUR DIET DURING COVID-19 PANDEMIC PERIOD

- 1) Eat **low Carbohydrates** diet to control high blood sugar and Blood Pressure.
- 2) Three **portions of Protein** (fish, chicken, dairy products, eggs, legumes, soy-based foods, rajma, channa, lobiya) and **Zinc** (oysters, shellfish, lean red meat) in-a-day.
- 3) **Eat dark-green leafy vegetables** (steamed, raw or microwaved broccoli, spinach), seasonal fruits, foods rich in Beta Carotene (carrots), Ascorbic acid & other essential Vitamins. Other foods like mushrooms, tomato, red bell pepper are also good options to build resilience in the body against infections.
- 4) Eat supplements rich in **omega 3 & 6 fatty acids** (salmon, mackerel, tuna, etc.).
- 5) Eat natural **immunity supplements** include ginger, gooseberries (amla), turmeric, garlic, basil leaves (Tulsi), black cumin and oregano which helps in boosting immunity. Certain seeds (sunflower, flax, pumpkin, chia and melon seeds) and nuts (almond, walnuts, pistachio) are excellent sources of protein and **vitamin E**.
- 6) **Prebiotic and Probiotics** containing foods like yogurt, yakult, fermented food, fruits, vegetables, whole grains, ginger, cardamom, milk, curd, tofu, turmeric powder are also excellent sources to rejuvenate the composition of gut bacteria, which is vital for nutrient absorption by the body.
- 7) Eat **vitamin C** rich foods like lemon, amla, grapes, blueberries, cranberries, strawberries and mint-fresh berries.
- 8) Eat **anti-oxidant** rich foods like cantaloupe, papaya, citrus, apples, cocoa, dark chocolate, green tea, cruciferous vegetables (cauliflower and cabbage), broccoli, carrots, kiwis, onion, beetroots, mushroom, yellow pumpkin, capsicum, sweet potatoes.
- 9) Eat **vitamin D** rich foods like mackerel, salmon (oily fish), fortified foods, mushrooms, milk, orange juice, tofu, soya beverages and egg yolk.
- 10) **Sleep** for 7-8 hours to help your body build immunity.
- 11) **Drink** up to 8-10 glasses of water every day including fresh juices made of citrus fruits, lemon water and coconut water to beat the heat.

- 12) **Exercise** regularly for 30 to 45 minutes to improve metabolism which has a direct correlation with body immunity.
- 13) Practice **meditation** regularly.
- 14) **Avoid Smoking**, vaping (vapour produced by an electronic cigarette), drinking alcohol and other addictive substances.
- 15) Avoid all kinds of non-essential travels.

Sd/-

(Dr. Sunil)

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