

Food for Fighting Covid-19

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Food and nutrition are the fuel, providing energy for our bodies. We need to replace nutrients in our bodies with a new supply every day. Important component of nutrition are water, carbohydrates, proteins and fats. Key vitamins and minerals such as calcium and iron are also important to maintaining good health and immunity. The requirement of these macro and micro components in our diet change or needs to be altered according to the age, physiological demand and conditions of any individual.

A healthy and balanced diet includes a lot of natural foods. A portion of a healthy diet should consist of fruits and vegetables, especially ones that are red, orange, or dark green. Whole grains, such as whole wheat and brown rice, should also play a part in your diet. Protein can consist of lean meat and poultry, seafood, eggs, beans, legumes, and soy products such as tofu, as well as unsalted seeds and nuts (Figure 1.)

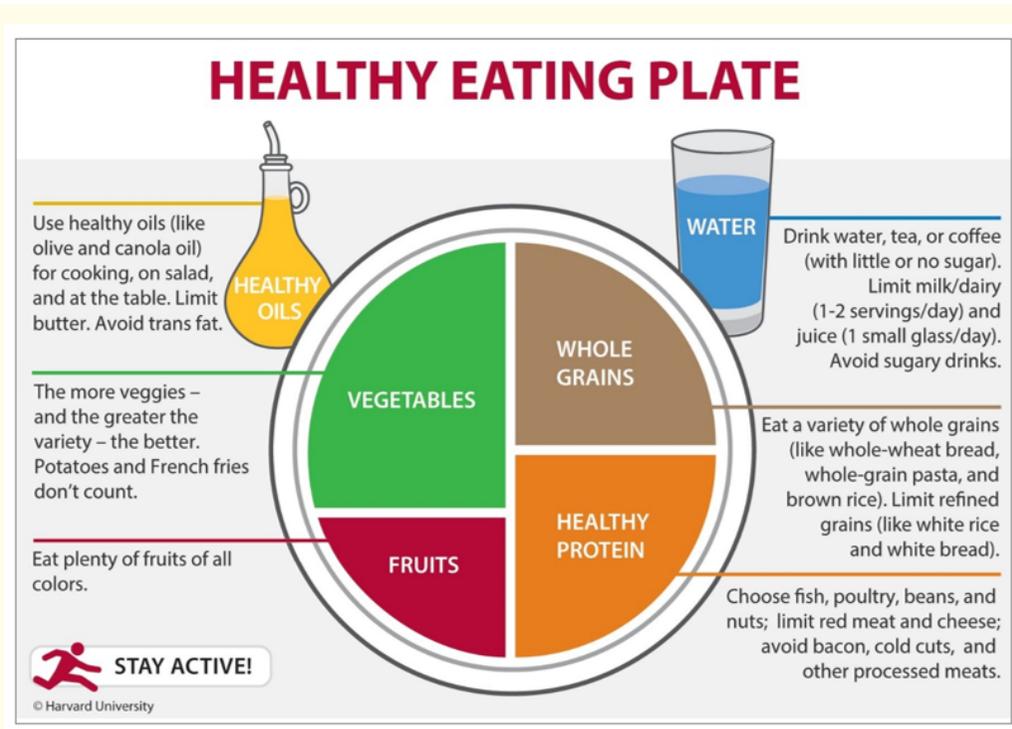


Figure 1: Image source: <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>.

The impact of coronavirus (COVID-19) is global affecting communities around the world, many people have opted to amend their dietary intake to stay healthy. Dietary intake remain critical even in these trivial times that ensure that your immune system remains in its peak to combat the infection and resist it further.

Key points about your diet that can boost the immune system are:

- Eating a low-fat, plant-based diet: High intake of vitamins and low intake of fat, have been shown to have more effective white blood cells as shown in a study old and new [1,2].
- Maintaining a healthy weight: Obesity has been linked to increased risk for influenza and other infections such as pneumonia [3] and lower BMI, linked to improved immunity [4,5].
- Fresh air and exercise: Sufficient supply of oxygen in blood keeps the body healthy helps quicker cellular repair.
- Sufficient amount of sleep: The body requires 6-8 hours of sleep to rest and recharge. Without a sufficient amount of sleep
- Water: Body requires increased fluid intake to resist and fight infection, drinking an extra two cups of water plus your daily minimum can fuel regeneration of immune-fighting lymphatic cells to get your body feeling stronger.

The Table below helps associate the foods and their actual action on the body in terms of boosting the immunity and dietary impact.

Table Foods that help booth your immunity.

- Lemon: Acidic nature help clear away toxins within the body.
- Orange: Rich in vitamin C, they strengthen the immune system.
- Lime: Acidic and rich in vitamin C, making them effective in boosting the immune system and clearing away toxic elements.
- Red Bell Peppers: Richest source of vitamin C and beta-carotene, essential nutrients that keeps your immune system healthy.
- Broccoli: Strengthens the immune system with vitamins A, E, and C.
- Garlic: Prevents the hardening of arteries, keeps the blood flowing and prevents the build-up of toxins.
- Ginger: Can strengthen the immune system so you won't get sick.
- Spinach: Packed with beta-carotene and antioxidants that ensure that the natural detoxification system and the immune system are strong and active.
- Almonds: Rich with vitamin E, which is essential to immune system health
- Turmeric: Anti-inflammatory properties and has been proven to help lower fevers
- Green Tea: High levels of epigallocatechingallate, a powerful antioxidant that boosts the immune system.
- Honey: Anti-bacterial properties, rich in antioxidants, which makes this a powerful immune system booster.
- Oats: Rich in fiber, boosts your energy and help fight infections by ensuring that the body is able to clear out toxins.

- Sweet Potatoes: Ensures a healthy immune system and fulfils vitamin A requirement.
- Blueberries: Rich with Anthocyanin along with Vitamin C and E, which keeps the immune system healthy.

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