

COVID-19 AND NUTRITION

Stay strong by eating healthy

What is COVID-19?

COVID-19 is a respiratory disease caused by the 2019 novel coronavirus.

Common symptoms



Dry cough



Fever



Short of breath

Who is at risk?

You can get sick from COVID-19 at any age, but you are at a **higher risk of severe complications** if you are an **older adult** or **have a medical condition or weakened immune system**.



How can I stay healthy during the pandemic?

Focus on your nutritional health

- Eat vegetables, fruits and whole grains
- Eat protein foods (e.g. eggs, beans, lower-fat dairy products)
- Limit highly processed foods
- Drink water to stay hydrated
- Eat mindfully (i.e. eat when hungry, stop when full)



Tip: Stock up on nutrition-packed foods that last more than one week.



Fresh or frozen fruits and vegetables



Dried and canned pulses



Whole grains



Dried fruits, nuts and seeds



Eggs



Canned fish and vegetables

True or False?

There are specific foods or nutrients I could consume in addition to eating a healthy diet to prevent COVID-19.

FALSE

Although no specific foods, dietary supplements or natural health products will prevent an infection, eating a healthy diet, along with other healthy behaviours, strengthens your immune system's ability to fight infections.

Other healthy behaviours:



Grocery shop once per week or less to limit exposure



Build physical activity into your day
(e.g. walking, home workouts, yardwork)



Maintain good sleep habits
(e.g. 7-9 hours/night)



Stay connected with family and friends
(e.g. virtual family dinner)

Where can I find reliable information on COVID-19?



Government of Canada



World Health Organization



Dietitians of Canada
Les diététistes du Canada

Sources

Government of Canada, World Health Organization and Dietitians of Canada websites. Vector images courtesy of Freepik and Canada's Food Guide.

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