**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 whole grains, fruits and vegetables
- Eat protein foods (e.g. yogurt, beans, eggs)
- Limit processed foods (e.g. those with added sugar)
- 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

**Sources**


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