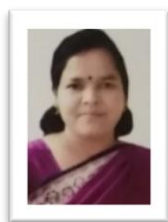


# Food and Nutrition for Prevention COVID-19

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## Abstract

COVID-19, a disease prompted by a novel coronavirus, became a major worldwide human threat that has turned into a pandemic. Coronavirus is one of the predominant pathogens that mainly targets the human breathing system. The focus stays on treatment in addition to prevention of the deadly virus that is stated to have its foundation from a seafood market in China's Wuhan. Proper nourishment and hydration are vital. People who eat a well-balanced diet to be more healthy with more potent immune structures and lower danger of chronic illnesses and infectious diseases. So you must eat an assortment of latest and herbal nourishments always to get the nutrients, minerals, nutritional fibre, protein and cancer prevention sellers your body needs. Drink sufficient water. Stay away from sugar, fats and salt to altogether deliver down your hazard of overweight, corpulence, coronary illness, stroke, diabetes and specific varieties of malignancy.

1. Eat fresh and unprocessed foods every day
2. Drink 8 -10 cup water every day
3. Eat less salt and sugar
4. Eat moderate amounts of fat and oil
5. Avoid eating out
6. Eat fruits, vegetables, legumes ,meat, fish, eggs and milk
7. Avoid processed food
8. Limit your intake of soft drinks or sodas
9. Do not eat overcook vegetables and fruit as this can lead to the loss of important vitamins
10. Eat at home to reduce your rate of contact with other people and lower your chance of being exposed to COVID-19
11. Avoid consumption of raw foods including raw meat, raw egg, raw vegetables.

Regular hand washing, along with routine cleaning and sanitising, particularly all frequently touched surfaces, remain the best approaches to decrease the spread of COVID-19.

**Keywords:** COVID-19, Food, Vegetables, Nutrition.

## Introduction

Good nutrition is very important for our health. Currently, COVID-19 is underway, it affects our immune system. If our immune system is good, then we are less at risk of COVID-19. COVID-19 is a global disease which WHO has declared as pandemic.

COVID-19, a disease prompted by a novel coronavirus, became a major worldwide human threat that has turned into a pandemic. Coronavirus is one of the predominant pathogens that mainly target the human breathing system. The focus stays on treatment in addition to prevention of the deadly virus that is stated to have its foundation from a seafood market in China's Wuhan. Proper nourishment and hydration are vital. To avoid coronavirus, more attention has to be paid to nutrition because from this we can avoid corona virus. People who eat a well-balanced diet to be more healthy with more potent immune structures and lower danger of chronic illnesses and infectious diseases. So you must eat an assortment of latest and herbal nourishments always to get the nutrients, minerals, nutritional fibre, protein and cancer prevention sellers your body needs. Drink sufficient water, Stay away from sugar, fats and salt to altogether deliver down your hazard of overweight, corpulence, coronary illness, stroke, diabetes and specific varieties of malignancy. WHO recommends consuming a minimum of 400 g (i.e. 5 portions) of fruits and vegetables per day. Citrus fruits like oranges, clementines and grapefruit are good options, as well as bananas and apples. Beans,

chickpeas, lentils and other pulses are great sources of vegetable protein, fibre, vitamins and minerals. Starchy roots such as potatoes, sweet potatoes and cassava are also long-lasting and good sources of carbohydrates. These should ideally be baked, boiled or steamed. Eggs are a great source of protein and nutrients and are incredibly versatile. Opt for boiling or poaching rather than frying. Dairy products provide an inexpensive source of protein and other nutrients. Choosing reduced-fat dairy is one way to reduce saturated fat consumption, while also getting all the benefits of dairy.

We need good nutrients in food to enhance our immune system. To avoid COVID -19, time will have to focus on Ayurveda as it awakens our immunity and the will power inside us to avoid COVID -19. Along with food and nutrition, practice is also required because if proper care and hygiene is not taken care of then it may spread COVID -19.

#### **Objective of the Study**

1. To study the main elements nutrient to avoid Coronavirus (COVID -19) .
2. To study about importance way to avoid Coronavirus (COVID -19) .

There are seven main elements of nutrient which are necessary for our body like carbohydrate, protein, vitamin, mineral, fibre and water. If their quantity is right in our body then we can avoid COVID -19 i.e. Coronavirus

#### **Protein**

Protein is required for the growth and maintenance of tissues. Body's protein needs are dependent upon your health and activity level. Amino acid chains of varied lengths form protein and peptides, which structure several of your body's hormones and transmit information between your cells, tissues and organs. A class of proteins referred to as fibrous proteins provide various parts of your body with structure, strength and elasticity.

Proteins in your blood maintain the fluid balance between your blood and therefore the surrounding tissues. Amino acid chains of various lengths form protein and peptides, which make up several of your body's hormones and transmit information between your cells, tissues and organs.

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Proteins form antibodies to protect your body from foreign invaders, such as disease-causing bacteria and viruses.

#### **Carbohydrates**

Carbohydrates Providing energy and regulation of blood glucose and sparing the use of proteins for energy. Carbohydrates Breakdown of fatty acids and preventing ketosis Biological recognition processes.

Carbohydrates have six major functions in the body: providing energy, managing blood glucose, sparing the use of proteins for energy, separating unsaturated fats, providing dietary fiber and natural

sweetener for foods. All the cells and tissues in the human body need carbs, particularly the mind.

#### **Fats**

Fats are a source of energy in the human diet, together with carbohydrates and proteins. In the diet, fat is a carrier for the fat-soluble vitamins A, D, E and K, and supports their absorption in the intestine. Consuming sufficient amounts of fatty foods that contain these vitamins is thus essential for adequate intake of these micronutrients.

#### **Vitamins**

Vitamins A, C, D, E, K, and additionally the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B6, B12, and folate). Vitamins have totally different jobs—helping you resist infections, keeping your nerves healthy, and helping your body get energy from food or your blood to clot properly. Fat-soluble vitamins

Fat-soluble vitamins (vitamin A, D, E and K) are mainly found in: animal fats, vegetable oils, dairy farm food, liver, oily fish. whereas your body desire these vitamins to work properly, you don't need to eat foods containing them every day.

Water-soluble vitamins (vitamin C, the B vitamins and folic acid) are mainly found in: fruit and vegetables, grains, milk and dairy foods.

These vitamins aren't stored in the body, so you need to have them more frequently.

#### **Mineral**

A balanced diet typically provides all of the essential minerals. Minerals are essential nutrients found in many various types of plant and animal-based foods. Macro-minerals, or those you need in bigger amounts, include calcium, potassium, sodium, magnesium, phosphorus, sulphur and chloride. Trace minerals, or those you need in smaller amounts, include iron, selenium, zinc, manganese, copper, cobalt, iodine and fluoride. Minerals perform many roles within the body. They help shore up bones, bolster your immune system and heal wounds. They additionally convert food into energy, and controlling body fluids inside and outside cells.

#### **Fiber**

Fiber may very well assist you live longer. Who eat a higher intake of fiber tend to have lower rates of heart disease, type 2 diabetes, stroke, digestive diseases, obesity and high blood pressure (hypertension). Dietary fiber increases the weight and size of your stool and softens it. A high fiber diet may lower your risk of developing haemorrhoids and little pouches in your colon (diverticular disease).

#### **Water**

Body uses water in all its cells, organs, and tissues to assist regulate its temperature and maintain other bodily functions. Because body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water. The amount of water you need depends on a variety of factors, as well as the climate you live in, how physically active you are, and whether you're experiencing unwellness or have any other health issues.

#### **Some important ways to avoid COVID -19**

1. Eat fresh and unprocessed foods every day

2. Drink 8 -10 cup water every day
3. Eat less salt and sugar
4. Eat moderate amounts of fat and oil
5. Avoid eating out
6. Eat fruits, vegetables, legumes ,meat, fish, eggs and milk
7. Avoid processed food
8. Limit your intake of soft drinks or sodas
9. Do not eat overcook vegetables and fruit as this can lead to the loss of important vitamins
10. Eat at home to reduce your rate of contact with other people and lower your chance of being exposed to COVID -19
11. Avoid consumption of raw foods including raw meat, raw egg, and raw vegetables.
12. Eat fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. wheat, unprocessed maize, millet, oats, brown rice , starchy tubers, roots such as potato,) and foods from animal sources (e.g. meat, fish, eggs and milk).
13. Daily, eat: 2 cups of fruit (4 servings), 2.5 cups of vegetables (5 servings), 180 g of grains, and 160 g of meat and beans (red meat can be eaten 1–2 times per week, and poultry 2–3 times per week.
14. No added salt or sugar in dried fruit or canned.
15. water regulates your body temperature, transports nutrients ,gets rid of waste, and lubricates and cushions joints.
16. you can also consume other drink like lemon juice, fruits and vegetableshartal tea,coffee that contain water.
17. Consume unsaturated fats like fish, olive oil, soy, nuts, corn and sunflower oils rather than saturated fats like fatty meat, coconut oils ,butter, palm and , cheese, cream, ghee and lard.
18. Eat chicken and fish, which are generally low in fat, rather than meat.
19. Do not eat processed meats because they are high in salt and fat.
20. Use low-fat or reduced-fat versions of milk and dairy products.
21. Avoid processed food, fast food, snack food, fried food, pizza, , cookies, and spreads.
22. Avoid soy sauce and fish sauce.
23. Limit your daily salt intake to less than 5 g (approximately 1 teaspoon), and use iodized salt.
24. Eat fresh fruits instead of sweet snacks such as cookies, cakes and chocolate,
25. Eat at home to reduce your rate of contact with other people and lower your chance of being exposed to COVID-19.
26. People living with chronic illnesses who have suspected or confirmed COVID-19 may need support with their mental health and diet to ensure they keep in good health.
27. Seek counselling and psychosocial support from appropriately trained health care professionals

- and also community-based lay and peer counsellors.
28. To avoid COVID -19, one should drink lukewarm water regularly;
  29. Amla Lemon Giloy etc. should be consumed in appropriate quantity.
  30. mix hot milk turmeric drink it increases immunity
  31. Cinnamon and ginger tea should be drunk to avoid COVID -19.
  32. Regular hand washingwith soap.
  33. routine cleaning and sanitising, particularly all frequently touched surfaces.
  34. Rest regularly and sleep at least 7-8 hours daily.
  35. Exercise and manage stress effectively.
  36. Manage chronic illnesses that are debilitating, such as blood disorders, cardiopulmonarydisease and diabetes, as best as possible.
  37. Stop smoking

### Conclusion

Proper and nutritious diet is needed to avoid COVID -19. This increases immunity in the body, which is very important for the protection of COVID -19. Physical distance, hand washing and face masks are very essential to avoid COVID -19. When we take care of all these things, we will definitely be able to escape from COVID -19.

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