



COVID-19 & NUTRITION



A **healthy diet and lifestyle strengthen the defense functions of the immune system** and help fight SARS-CoV-2 infection.

There is **no evidence** that food and its components or dietary supplements play additional role in preventing COVID-19 or alleviating its course.

What increases the chance of a **severe COVID-19 course**?



UNDERNUTRITION



OBESITY



UNDERWEIGHT



HEALTHY DIET AND LIFESTYLE



GOOD NUTRITIONAL STATUS



PROPER FUNCTIONING OF THE IMMUNE SYSTEM

WHICH DIET COMPONENTS ARE THE MOST IMPORTANT?

- **vitamins:** D, C, A (including beta-carotene), E, B6, B12, folic acid;
- zinc, copper, selenium, iron;
- amino acids (proteins);
- *n-3* i *n-6* **polyunsaturated fatty acids**;
- **dietary fibre** that stimulates microorganisms present in the human large intestine (the so-called intestinal microbiota).



GENERAL DIETARY RECOMMENDATIONS DURING THE COVID-19 PANDEMIC



1. Ensure that the **energy value of the diet is adjusted** to the current level of physical activity.
2. Half of the daily dietary intake **should be based on vegetables and fruits.**
3. Maintain adequate **hydration of the body.**
4. Make **reasonable food purchasing.**
5. Reduce **sugar, salt and fat intake.**
6. Avoid **drinking alcohol.**
7. Follow the principles of **hygiene and safe food handling.**
8. Consume **home-cooked meals in company** as a method of stress relief.
9. Ensure **regular physical activity.**
10. Use **dietary supplementation** if the diet fails to meet the body's requirements.



DIETARY RECOMMENDATIONS FOR CHILDREN DURING THE COVID-19 PANDEMIC

1. Breastfeeding.
2. Make sure to **drink enough water every day.**
3. Ensure **regular physical activity.**
4. Provide **fresh and unprocessed** or minimally processed foods.
5. Provide **fats of adequate quality.**
6. Reduce **salt and sugar intake.**
7. Prepare **home-cooked meals.**
8. Use **psychosocial support and help** from specialists.

