

Diet Management during Covid-19 and Health Benefits

Ramadan A Habiba*

Department of Food Technology, College of Agriculture, Suez Canal University, Ismailia, Egypt

***Corresponding Author:** Ramadan A Habiba, Department of Food Technology, College of Agriculture, Suez Canal University, Ismailia, Egypt.

Received: May 29, 2021; **Published:** August 30, 2021

Due to covid-19 “coronavirus” outbreaks, governments had kept lockdown everywhere, in this case, it is imperative that people manage their life style, habits and diet management. Being at home 24 hours/7 days is not easy, one has no work to do as compared to his regular days. During COVID Pandemic time, people should eat a healthy diet as it will help us improve our immunity. Concentration one’s mind on the food while eating is needed at all time. However, at time of disease outbreaks it is increasing important to be aware about the impact of food we eat on our health, psychology, and protection against such diseases [1]. Food can affect the immune system positively or negatively. For instance, vitamin C activates the function of neutrophils which are the largest group of immune cells in the body.

A balanced diet is essential for good nutrition and health. It protects you against many chronic non-communicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods, and consuming less salt, sugars, saturated and industrially produced trans-fats, are essential for a healthy diet. A healthy diet comprises a combination of staples like cereals or starchy tubers or roots, legumes, fruit and vegetables, and foods from animal sources. Not only in this COVID pandemic time but for life long, we should prefer food which is full of or dense in nutrition. Addition of sprouts, salad, leafy vegetables will keep us fit and fine.

Common drinks also helpful in boosting the immune system, including lemon, ginger, cumin seeds, curcumin, citrus and carrot juices. These drink or infusions are full of bioactive phytochemicals as polyphenols, flavonoids, antioxidants essential for health maintenance and reduce oxidative stresses and protective effects against diseases. Moreover, food containing omega 3 fatty acids such as linseed oil, olive oil, chia and black seed oils are recommended. Limit intakes of saturated and trans fats as well as refined grain products, and sugary beverages. Moreover, taking a multivitamin will help [2]. There are many useful nutritional ingredients only in our kitchen, and with this we can create delicious and nutritious food. For example, like lemon, ghee, dates, beans, ginger, cumin seeds, milk etc. During the time of the COVID pandemic, we must eat a healthy diet because it will help us improve our immunity.

Things to consider besides diet management and healthy nutrition to boost immunity, include food habits, and good sleep.

Easily Digested Diet, in COVID-19 period, one should prefer and include easily digestible food in daily diet. Low calorie diet can digest quickly and help to stay fit. Intake of food at an appropriate time interval is necessary. So, one should eat food which gets digested quickly, we should maintain 3 - 4 hours’ interval after breakfast, and before lunch and between the dinner and the next morning breakfast there should be 11 - 12 hours’ interval and avoid eating overnight.

Food habits also include:

1. Simple cooking with minimum ingredients and maximum nutrition. Focus on foods that will ensure the health and enhance immunity

2. There should be a 12 - 16-hour gap between dinner and breakfast. Which help the body optimize the recovery, cleansing and that in turn, strengthens immunity.
3. Using herbs and spices that are rich in antimicrobial properties, for example, garlic, ginger, mint and peanut chutney etc.
4. A good night's sleep is Incredibly lively for our health. It's just as important as eating healthy and exercising. Poor sleep is linked to higher body weight, have a greater risk of heart disease and stroke. Good sleepers tend to eat fewer calories, affects glucose metabolism and type 2 diabetes risk. Also, improves your immune function.

The coronavirus pandemic has caused a lot of significant changes in our daily lives, including how we practice our diet and physical activity which affect overall health. Regular disinfection and proper hygienic practices have little effect with a compromise on the immune system. Improper dietary regimen leads to the gain of unwanted weight, especially during the restriction measures and closedown that there is the least scope for any physical activity [3,4].

In conclusion, proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. So, you should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fiber, protein and antioxidants your body needs. Drink enough water. Avoid sugar, fat and salt to significantly lower your risk of overweight, obesity, heart disease, stroke, diabetes and certain types of cancer. Diet and sleep management are essential in the lockdown period as physical exertion is very less. Proper diet care helps to improve immunity, due to which everyone will be able to fight against virus and enhance the quality of life.

Bibliography

1. WHO. Nutrition advice for adults during the COVID-19 outbreak (2021).
2. Skerrett PJ and WC Willett. "Essentials of Healthy Eating: A Guide". *Journal of Midwifery and Women's Health* 55.6 (2010): 492-501.
3. Boston. Harvard school of public Health. The Best Diet: Quality Counts (2013).
4. Maggini S., *et al.* "Essential Role of Vitamin C and Zinc in Child Immunity and Health". *Journal of International Medical Research* 38.2 (2010): 386-414.

Volume 16 Issue 9 September 2021

©All rights reserved by Ramadan A Habiba.