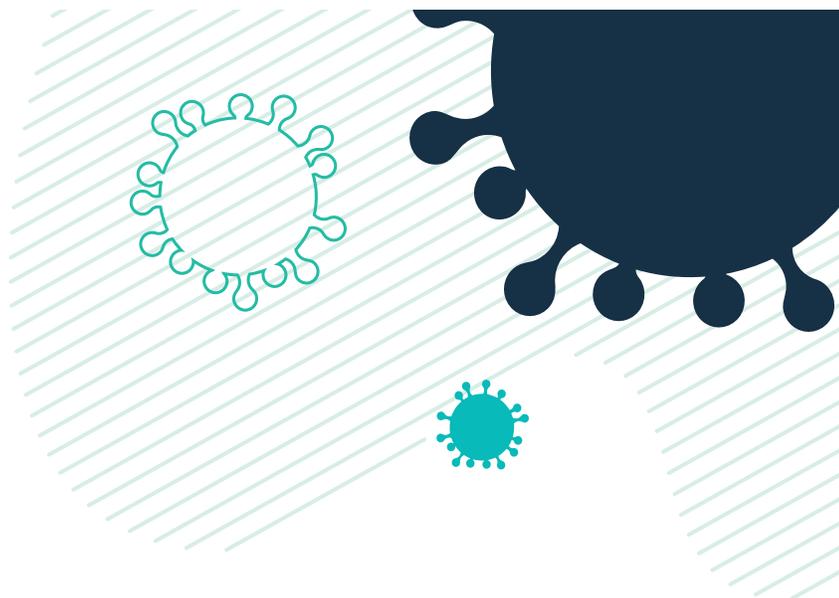


COVID-19



Optimizing nutrition in people with post-COVID-19 condition

TIPS AND SOLUTIONS



Québec 



NUTRITION AND THE IMMUNE SYSTEM

The immune system allows the human body to defend itself against attacks by bacteria and viruses.

A number of the dietary components help keep the immune system effective.

Nevertheless, there are no “miracle” foods or supplements to improve your immune system or to prevent or treat COVID-19.

What can you do to support your immune system?

- Eat a healthy, balanced diet.
- Keep good sleep habits.

A HEALTHY DIET

- It's a **varied** diet that provides the body with all the elements it needs to function properly.
- A **balanced** diet allows for a good distribution of your intake during the day:
 - o Have 3 full meals a day.
 - o Have snacks, as needed.

Healthy eating is also enjoying what you eat!



PROTEINS

Proteins play several essential roles in your health.

- They are a source of energy for the body.
- They support muscle contraction and movement.
- They help build and repair your body's tissues.
- They are components of antibodies and the immune system.
- They allow essential molecules to circulate in your body.

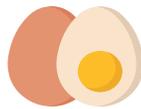
A healthy diet includes protein sources at **every meal**.



The Main Sources of Protein



Almonds 60 mL (1/4 cup)
7 g of protein



Egg (1 large)
6 g of protein



Chicken 75 g (2 1/2 oz.)
20-25 g of protein



Beef 75 g (2 1/2 oz.)
20-25 g of protein



Fish 75 g (2 1/2 oz.)
20-25 g of protein



Tofu 50 g (1 1/2 oz.)
4 g of protein



Cheese 50 g (1 1/2 oz.)
12 g of protein



Milk 250 ml (1 tasse)
8 g of protein



Yogurt 100 ml (~1/3 cup)
Plain: 4 g of protein
Greek: 10 g of protein



Kidney beans
125 ml (1/2 cup)
8 g of protein



Peanut butter
15 ml (1 tbsp.)
4 g of protein

VITAMINS AND MINERALS

Vitamins and minerals are essential for your immune system.

A varied diet provides sufficient vitamins and minerals. This means that you need to have some of the following every day:

- A variety of fruit
- A variety of vegetables
- Grain products, preferably whole grain
- Milk or a vegetable drink fortified with vitamin D
- Foods containing protein

No study has yet proven that a vitamin or mineral supplement can boost your immune system.

SPECIAL CASE: VITAMIN D

Some ongoing studies on COVID-19 suggest that it is important to meet vitamin D requirements.

Vitamin D is often called the sunshine vitamin because it is produced by the body when exposed to the sun. Unfortunately, our geographic location in Canada means that this intake falls short of the body's needs.

It is therefore recommended to regularly eat foods high in vitamin D:

- Fatty fish (rainbow trout, salmon, tuna)
- Vitamin D fortified yogurt
- Sardines, beef liver
- Vitamin D fortified milk or vegetable drink
- Eggs
- Margarine

You may need to take a vitamin D supplement (400 to 1000 IU per day).
Talk to your doctor.

NOT MUCH OF AN APPETITE?

Eating a balanced diet can be a challenge when you have a small appetite. Here are some general tips.

- Eat three small meals a day, plus two or three snacks.
- Keep a flexible schedule and eat when you are hungry.
- Choose the foods you prefer.
- Limit liquids with little nutritional value (broth, coffee, tea, etc.) before meals.
- Eating in the company of others to relax and enjoy meals.



Watch your weight.

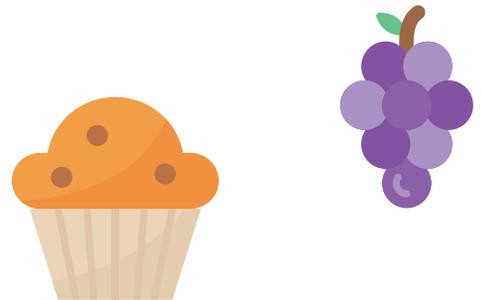
Losing weight is a sign that you are not eating enough.

SNACK IDEAS

While you might not normally do so, having snacks during the day or evening could be a good idea.

Some Nutritious Snacks

- Milkshake or smoothie
- Yogurt, milk-based dessert, frozen yogurt
- Muffin, banana bread, zucchini bread, etc.
- Peanut butter with fruit pieces
- Milk and cookies
- Cheese or cottage cheese with fruit or crackers
- Hummus or tofu spread on pita bread



EATING WELL WITHOUT COOKING?

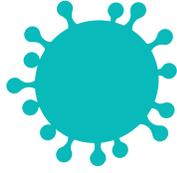
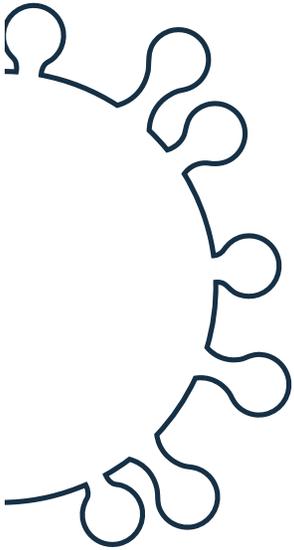
You might have less energy to cook or feel less like preparing meals. If so, here are some tips.

- Have prepared meals in the freezer.
- Have quick individual snacks on hand (e.g., granola bars, homemade muffins, yogurt).
- Don't hesitate to ask family or friends for help with cooking or shopping.
- Buy prepared meals.

Where to Find Ready-Made Meals

- Most grocery stores.
- M&M foods.
- Some caterers (the following list is incomplete. Search the Web to find all the caterers in your area and their delivery options):
 - Sercovie | sercovie.org
 - La Cuisine d'Hélène | cuisinedhelene.com
 - Bouffe Maison JLM | bouffemaisonjlm.com
 - We cook | wecookmeals.ca
 - Les plats de Charlotte | lesplatsdecharlotte.ca
 - Comme chez nous | commecheznous.ca
- Les popotes roulantes | popotes.org.





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REVISION AND LAYOUT

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