

# 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 vegetables, fruits and whole grains
- Eat protein foods (e.g. eggs, beans, lower-fat dairy products)
- Limit highly processed foods
- 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  
Les diététistes du Canada

### Sources

Government of Canada, World Health Organization and Dietitians of Canada websites. Vector images courtesy of Freepik and Canada's Food Guide.

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Canadian Nutrition Society  
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